



2nd Baby Food

Carrots and Broccoli

Shine 365
Marshfield Clinic

PREP TIME: 10 minutes • **COOK TIME:** 20 minutes • **SERVINGS:** 12

INGREDIENTS

- 2 cups chopped carrots
- 2 cups broccoli florets
- ½ cup formula or water
- ½ cup water

INSTRUCTIONS

Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil. Add carrots and broccoli, cover and steam until tender, about 20 minutes.

Place carrots, broccoli, formula and water in a blender or food processor and blend until creamy. Strain the mixture through a fine-mesh sieve to remove any lumps.

Spread carrot-broccoli mixture into an ice cube tray, cover with plastic wrap and freeze until solid, 2 to 3 hours. Transfer frozen cubes to a resealable plastic bag and store in the freezer up to 2 months.

To serve, heat cubes in the microwave until warm but not hot, about 30 seconds. Stir thoroughly.

NUTRITION INFORMATION

Each serving contains about 22 calories; 0.6 g total fat; 3.9 g carbohydrate; 1 mg cholesterol; 0.7 g protein; 1 g dietary fiber; 22 mg sodium.