

First Baby Food Peas

Oscar · 28/09/2024



Prep Time

2 hrs

Difficult

Easy

Servings

2 hrs 20 mins

Description

Peas make a great first baby food This is an easy recipe thats great for busy moms and dads to make ahead and freeze This can be used with other first foods for your baby Apples or pears are fun or even green beans Make sure it is mild enough for your babys developing digestive system

Ingredients

— - 3 cups frozen peas - ½ cup breast milk

Instructions

1. 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 peas
2. cover
3. and steam until tender
4. about 15 minutes. Place peas and breast milk in a blender or food processor; puree until creamy. Strain mixture through a fine-mesh sieve to remove any lumps. Spread pea mixture into an ice cube tray; cover with plastic wrap and freeze until solid
5. 2 to 3 hours. Transfer frozen cubes to a resealable plastic bag and store in the freezer. To serve
6. heat cubes in the microwave for about 30 seconds until warm but not hot. Stir thoroughly. Cook's Note You can use fresh peas instead of frozen ones if you have them. You can also substitute formula or water for breast milk.Store frozen cubes in the freezer for up to 2 months.