

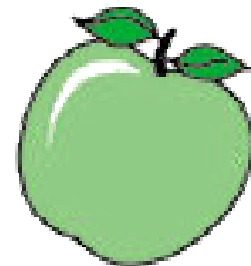
# Apples

## Shop

**Selection:** Select apples that are bruise-free and firm to the touch, with good color (color depends on the variety), flavorful taste, and pleasant smell.

**Storage and ripening** Refrigerate. Continues to ripen after harvest. Keep the surface of apples dry. Do not rinse until just before ready to use.

**Quantity:** 6 medium Golden Delicious apples (sweet) or 3 Golden Delicious and 3 Granny Smith apples (a little tart)



## Cook

**Step 1: Prep** Wash, peel, core, and cut into one-inch (3cm) slices.

**Step 2: Cook** Place apples in microwave-safe dish. Add ingredients from the Variations list, if desired. Cover with plastic wrap. Cook 5 minutes and let stand 5 minutes. Cook an additional 5 minutes. The apples are done when they can be pierced easily with a fork.

**Step 3: Puree** Place apples and cooking juices in a blender or food processor. Puree to a smooth texture.

**Step 4: Pour** Spoon into Fresh Baby trays. Makes 2 trays (24 servings).

**Step 5: Freeze** 8-10 hours or overnight. Remove from trays, place in storage containers or freezer bags, and return immediately to freezer.

Variations	Age to introduce	Date introduced
1/8 tsp. (0.625ml) ground cinnamon	8-10 months	
1/8 tsp. (0.625ml) vanilla extract	8-10 months	
1/8 tsp. (0.625ml) ground cloves	8-10 months	
1/8 tsp. (0.625ml) ground nutmeg	8-10 months	
1/2 tsp. (2.5ml) lemon zest	Over 12 months	

## Serve

Select frozen food cubes for the meal, defrost and warm, check the temperature and feed.

Combine with*:	Age to introduce	Liked It?
Sweet potatoes	About 6 months	
Acorn or butternut squash	About 6 months	
Tofu	6-8 months	
Berries	Over 12 months	
1 tsp. (5ml) ground walnuts	Over 12 months	
1 Tbsp. (15ml) yogurt	Over 12 months	

\* Before making medleys, make sure you have introduced each food one at time.

## Nutrition

Protein	—
Potassium	*
Calcium	—
Iron	*
Vitamin A	*
Vitamin C	*
Riboflavin	—
Thiamine	*
Niacin	—



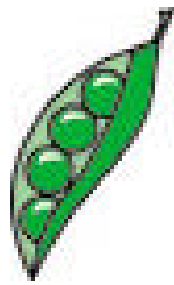
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## Date Introduced:

## Notes:

# Green Peas



**Shop Selection:** All types should have good green color with a soft, velvety touch. Green peas should have well-filled pods with large, round peas.

**Storage and ripening:** Refrigerate. Pea pods are not edible.

**Quantity:** Fresh—1 3/4 pounds (800g) fresh peas in their pods. Frozen—2 to 3 10-ounce (285g) packages, thawed.

**Cook Step 1: Prep** Wash and shell peas. Discard pods.

**Step 2: Cook** Place peas and 2 tablespoons (30ml) of water in a microwave-safe dish. Add ingredients from the Variations list, if desired. Cover with plastic wrap. Cook 6-8 minutes. Let stand 5 minutes. The peas are done when they can be pierced easily with a fork.

**Step 3: Puree** Place peas and cooking juices in a blender or food processor and puree. Add 1/4 to 1/2 cup (60-100ml) of water, as needed, to develop a smooth texture.

**Step 4: Pour** Spoon into Fresh Baby trays. Makes 2 trays (24 servings).

**Step 5: Freeze** 8-10 hours or overnight. Remove from trays, place in storage containers or freezer bags, and return immediately to freezer.

Variations	Age to introduce	Date introduced
1/8 tsp. (0.625ml) dried dill	8-10 months	
1/4 sweet onion	8-10 months	
4 button mushrooms	8-10 months	
1/8 tsp. (0.625ml) dried tarragon	8-10 months	

Nutrition	
Protein	*
Potassium	*
Calcium	—
Iron	*
Vitamin A	*
Vitamin C	—
Riboflavin	*
Thiamine	*
Niacin	*

## Serve

Select frozen food cubes for the meal, defrost and warm, check the temperature and feed.

Combine with*:	Age to introduce	Liked It?
Carrots	8-10 months	
White potatoes	8-10 months	
Beets	10-12 months	

\* Before making medleys, make sure you have introduced each food one at time.



**Date Introduced:**

**Notes**



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