

# Apple, Spinach, and Brown Rice Baby Food

This recipe makes about 6 cups of baby food

## Ingredients

**1 Tbsp** lemon juice  
**2½ cups** cooked brown rice  
**5 cups** raw spinach (washed and packed)  
**5 apples** (cored and chopped)



## Directions:

1. Cook the rice according to the package
2. Core and cut apples into chunks
3. Add all ingredients to a blender and blend into a smooth puree.
4. Line trays with parchment paper
5. Pour baby food puree onto the tray and spread evenly across the tray
6. Place dividers - 40 portions (if you choose). You can also powder it after you freeze-dry
7. Pre-freeze before Freeze Drying, when possible
8. Freeze Dry (My cycle time in a large freeze dryer with a premier pump was 57 hours for 5 trays of baby food)
9. Store in jars for short-term use or in mylar bags for long-term storage

**Rehydration With divider portions:** You can blend your cubes before rehydrating for a smoother texture. Add about 4 tbsp of water to 2 cubes from the 40-portion dividers. Stir and enjoy

**Rehydration Without dividers:** Powder in a blender or food processor. Add about 4 Tbsp of water to ¼ cup of powder. Stir and enjoy.

**Notes:** These also make great snack bars without rehydrating.

## Nutritional Value Per ¼ Cup Serving

Calories: 52 Protein: 0.91 g Carbohydrates: 12 g Fiber: 1 g Sugars: 4 g Total Fat: 0.20 g