

Apple Spinach and Brown Rice 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 was 57 hours)
9. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add about 4 tbsp of water to 2 cubes from the 40-portion dividers or about ¼ cup of freeze-dried baby food. Stir and enjoy

Notes:

These also make great snack bars.

Nutritional Value Per ¼ cup serving

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