

Pineapple Broccoli Baby Food

This recipe makes about 6 cups of baby food

Ingredients:

5 cups pineapple
3½-4 cups uncooked
Broccoli Florets



Directions:

1. Core your pineapple
2. Add the pineapple to a blender and blend until smooth
3. Add broccoli florets to the blender and blend again until smooth.
4. Line trays with parchment paper
5. Pour baby food puree onto the tray and spread evenly across the trays
6. Insert the dividers (if you choose). You can also just powder 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 sealed 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. This makes about ¼ cup

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

Notes: These also make great snack bars.

Nutritional Value Per ¼ Cup Serving

Calories: 30 Protein: 1 g Carbohydrates: 7 g Fiber: 1 g Sugars: 4 g Fat: 0.15 g