

# Zucchini Banana Baby Food

This recipe makes about 6 cups of baby food

## Ingredients:

**1** tbsp lemon juice  
**5** bananas  
**2½ cups** cooked zucchini  
**2½ cups** cooked brown rice



## Directions:

1. Chop Zucchini into small chunks and cook. (Use a steamer. If you don't have a steamer, use a frying pan with water covering the bottom. Add zucchini and cover to "steam" for about 10 minutes)
2. Cook your rice according to the package or use rehydrated freeze-dried rice
3. Add bananas to the blender and blend until smooth (add water if needed)
4. Add cooked rice and zucchini to the blender and blend until smooth. (You may need to add water to get a smooth, not-too-thick texture) .
5. Line trays with parchment paper
6. Pour baby food puree onto the tray and spread evenly across the trays
7. Insert the dividers (if you choose). You can also just powder after you freeze dry.
8. Pre-freeze before freeze-drying when possible.
9. Freeze Dry (My cycle time in a large freeze dryer with a premier pump was 57 hours for 5 trays of baby food)
10. 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: 57 Protein: 1 g Carbohydrates: 13 g Fiber: 1 g Sugars: 4 g Fat: 0.25 g