

Zucchini Banana Baby Food

This recipe makes about 6 cups



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 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:

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: 60 Protein: 1 g Fat: 0.75 g Carbohydrates: 13 g Fiber: 2 g Sugars: 6 g Fat: 0.75 g