



## Broccoli, Peas and Spinach Puree

Starting at 6 months of age, infants can start having pureed foods. Start with vegetables, then meats, and lastly fruits.

### U.S.

1/2 lb

1/4 cup

1 cup

Broccoli, cut into florets

Peas, shelled, fresh or frozen

Spinach, fresh

### Metric

227 g

57 g

227 g

### **Preparation:**

1. Gather all ingredients and equipment.
2. Steam or boil broccoli until bright green.
3. Add the peas to the broccoli and continue cooking until broccoli is soft and easily pierced by a knife. Remove vegetables and reserve 1/2 cup (118.29 ml) of the cooking water.
4. Place broccoli and peas into a blender with the spinach and reserved water.
5. Puree until smooth, serve warm, cold, or freeze for later.

## Nutrition Facts

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3 Servings

**Serving size** 1/2 cup

**Amount per serving**

**Calories** 35

Calories from Fat 0

**Total Fat** 0 g

Saturated Fat 0 g

Trans Fat 0 g

Monounsaturated Fat 0 g

**Cholesterol** 0 mg

**Sodium** 30 mg

**Total Carbohydrate** 6 g

Dietary Fiber 1 g

Total Sugars 1 g

Includes 0 g Added Sugars

**Protein** 3 g

Vitamin D 0 %

Calcium 4 %

Iron 6 %

Potassium 331 mg

Phosphorus 68 mg