

BABY FINGER FOODS

FREEZABLE

- Cooked Carrots-** I microwave baby carrots in a bowl covered with water and chop into small bites (16oz for 6-8 min)
- Cooked Peas-** I use canned, no salt added because they are the most mushy
- Cooked Green Beans-** I use canned, no salt added because they are the most mushy, diced
- Cooked Black Beans-** I use canned, no salt added because they are the most mushy
- Other Cooked Beans-** Anything soft, although if they are larger you might need to dice them as well
- Cooked Corn-** I use canned, no salt added
- Cooked Broccoli-** diced
- Whole Wheat Bread-** diced
- Cooked Sweet Potato-** Wash and leave in produce bag, microwave in bag for 4-6 min, diced
- Avocado** diced
- Soft Cheeses-** cheddar, mozzarella, colby jack, provolone etc diced
- Cooked Pasta-** diced
- Cooked Butternut or Acorn Squash-** Cut in half and microwave until soft, diced
- Eggs-** scrambled and cut into bits
- Brown rice-** cooked
- Very Ripe Pears-** diced
- Very Ripe Mango-** diced

OTHER

- Banana-** diced
- Blueberries** cut in half or slightly mashed
- Kiwi-** soft and ripe, diced
- Peaches-** soft and ripe, diced
- Very ripe tomatoes,** diced without skin
- Cheerios**
- Baby Mum Mum**
- Watermelon-** diced with no seeds
- Other very ripe Melons-** Cantelope, Honey Dew etc. Diced
- Graham Crackers-**very small pieces
- Organic Puffs**

EXTRAS