

Fruit & Veggie Puree

Applesauce, Peach & Spinach Puree



Ingredients

- 2 Ripe peaches
- 1 cup spinach
- 1 cup applesauce*
- *(add more for sweeter taste)

Directions

1. Peel peached and dice (can also use drained, canned peaches)
2. Add all ingredients to blender or food processor until you get a smooth texture

Yogurt Waffles

Ingredients



- 1/2 cup plain Greek yogurt
- 1 egg
- 4-5 tablespoon Oat flour or flour
- 1 teaspoon baking powder
- 1 tablespoon date pasta, mashed banana or applesauce
- Mini waffle maker

Directions

1. Mix all ingredients together
2. Spray waffle maker with cooking spray
3. Take one or two spoonful's and add to waffle maker
4. Enjoy!

