

LITTLE MISS PUFFET

Jill Litwin, owner of Peas of Mind, is busy cooking organic, nutritious miniature casseroles for your little one. Called “puffets,” they’re filled with veggies and fruit and can be heated in the microwave. “As toddlers begin eating solid foods, the tastes and textures they experience will shape their lifetime eating habits,” says Litwin. Try the Nanna’s Banana and Black Bean Polenta Puffets (\$6). Available at Rainbow Grocery, 1745 Folsom St., 415-863-0620 or peasofmind.com

