

## Puffets from Peas of Mind



Isn't that name great? Peas of Mind is an frozen food company with a product line called "Puffets!"

Puffets are perfect for growing kids ages 1 year to about 8 years old. They are hand-held meals that contain organic ingredients including vegetables, fruits, beans and grains. There are six Puffet flavors in the line: Eat Your Greens, Carrot Risotto, Nanna's Banana, Black Bean Polenta, Mamma's Pasta, and The Dalai Lentil. Three flavors are gluten free and two flavors are dairy free! What a fun, easy way to get kids to eat their vegetables!