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## Puffet the Magic Dinner

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The crazy schedule most families adhere to means it isn't always possible to don an apron and prepare an organic, home-cooked meal, which is why we love finding healthy convenience foods that can be lifesavers for busy parents.

Puffets from [Peas of Mind](#) are one such item. Puffets are mini-casseroles designed to be eaten with little hands, by babies over 12 months old. Wholesome and organic but enough fun that a toddler will look forward to chowing one (or two), they come in a variety of flavors, like [Nanna's Banana Puffet](#), [Eat Your Greens Puffet](#) and [Mamma's Pasta Puffet](#). All of the flavors are organic, have no added sugars, artificial flavors or preservative and all are free of genetically engineered ingredients. Several varieties are also non-dairy.

Peas of Mind products are available at grocery stores like [Mollie Stone's](#) and [Whole Foods Market](#), so you don't have to live in a land called Honalee (or whatever). To find a retailer near you, [click here](#).