

Peas of Mind Creates a Yummy Organic Meal for Your Toddler



As a parent to a 15 month old I want to make sure I'm feeding Isabella all the appropriate foods with the best ingredients. I'm always trying to come up with different meals and snacks so I don't keep feeding her the standard low-fat string cheese, turkey, brown rice, pasta, chicken dishes or goldfish snacks every single day. I know I enjoy variety in my food so I'm sure Isabella does too.

When I heard of [Peas of Mind](#) I was curious to see if Isabella would like the puffets (mini casseroles made out of delicious organic ingredients). Sure enough, she enjoyed eating every bite! I loved it because it was an organic and nutritional meal which only took MINUTES to make. A truly great option for parents looking for a healthy alternative especially when you're on the go or need a little variety in your meal planning. Peas of Mind's Puffets age range is for children age 12 months to about 6 years old.

Peas of Mind Puffets contain:

- organic ingredients
- no added sugars
- no genetically engineered ingredients
- no artificial flavors or preservatives

Another thing that I thought was really neat about puffets was that Jill Litwin (founder) was inspired to create a healthy option for children because of her childhood memories visiting farmer's markets and cooking with her mom. Thanks to Jill and her homemade cooking - we have a favorite in our house, "carrot and risotto"! As a mom, I also appreciate Jill's puffets for making my life as Isabella's meal planner so much easier!!



Here's an excerpt from Peas Of Mind's site:

"Peas of Mind Puffets provide a needed option for health-conscious parents who want to feed their toddlers delicious meals with organic ingredients, but don't have the time to make them from scratch.

Each homemade recipe is specifically designed for the growing needs of your toddler. The unique combination of ingredients provides a balanced nutritional meal that is easy to prepare and easy to eat with little hands."

Check out Peas of Mind's website for the [grocery store](#) near you carrying yummy puffets! You can also order puffets on-line through their site. Puffet flavors come in banana, greens, carrot risotto and black bean polenta.