

TODDLER SNACK PUFFS

Ingredients

- 1 C Flour
- 1 C Fruit/Vegetable Puree
- 1 tsp Baking Powder
- 1 tsp Spice (optional)

Flour Options

- Oat
- Buckwheat
- Almond

Spice Options

- Cinnamon
- Pumpkin spice
- Nutmeg
- Ginger
- Cumin
- Cloves
- Cardamom



Puree Options

- Banana
- Pumpkin
- Apple
- Pear
- Peanut Butter
- Peaches
- Blueberries
- Raspberries
- Strawberries
- Mango
- Carrots
- Avocado,
- Spinach
- Sweet potatoes

Directions

- Combine all ingredients and mix or blend well
- Transfer to pastry bag or ziplock bag to pipe in dime-sized drops onto a baking sheet lined with parchment paper
- Bake at 350°F for 10-15 minutes
- Turn off oven and allow to cool before transfer to an airtight container for storage (2 days on counter, 2 weeks in refrigerator, 3 months in freezer)