

**Donna Maurillo,  
Food For Thought: What does Condi eat?  
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## **Peas of mind**

Finding organic food for your infant isn't too difficult. But what happens when they reach toddler stage and want something more substantial? That's what gave Jill Litwin the idea for Peas of Mind, her line of Puffets -- frozen organic casseroles that can be microwaved in two minutes.

She says, "As toddlers begin eating solid foods, the tastes and textures they experience will shape their eating habits for a lifetime. Peas of Mind Puffets provide an option for health-conscious parents who want to feed their toddlers delicious meals with organic

ingredients, but they don't have time to make them from scratch."

Each meal looks much like a mini frittata -- a fluffy patty that can be eaten by hand, or it can be sauced, stuffed, or mixed into other dishes. They come in four varieties, including Eat Your Greens, Carrot Risotto, Nanna's Banana and Black Bean Polenta. Each one includes all four food groups, so even if your children are finicky, they'll get good nutrition from each Puffet. This month, they're introducing two non-dairy flavors -- Mamma's Pasta and The Dalai Lentil.

Locally, Peas of Mind products are sold at Deluxe Foods in Aptos and New Leaf Market in Boulder Creek. For more info and recipes using Puffets -- including video demos -- go to [www.peasofmind.com](http://www.peasofmind.com).