

Food for Tot

BY JULIE MILLER DOWLING



Courtesy of Peas of Mind

We feed it to our precious offspring but cringe at trying it ourselves. Now, there's a tot food that many parents find themselves nibbling on, too. It's called Peas of Mind, a new line of healthy mini-meals designed for kids one year old and up.

Peas of Mind casserole "puffets" contain nutritionally balanced vegetarian, organic ingredients with none of the nasties—no added sugar or salt, artificial flavors, preservatives, or that genetically modified stuff.

Peas of Mind owner Jill Litwin got the idea for her company after seeing moms and dads struggle to find easy but nutritious meals for their post-baby food youngsters. "We're happy to be part of an exciting food industry movement now focusing on children."

Litwin's puffets, which have the look and texture of a frittata, are easy for little hands to grab, so they're perfect for youngsters who've reached the stage where they want to feed themselves. The puffets come in six flavors: Nanna's Banana, Eat Your Greens, Black Bean Polenta, Carrot Risotto, and, new this year, Mamma's Pasta and Dalai Lentil. The last two are dairy-free, and three of the original flavors are gluten-free.

"Yeah, sure," you're saying. "Think my kids are going to eat something that tastes like kale and cardboard?" No worries. Peas' puffets come pretested by plenty of kids just like yours. The puffets' mild, straightforward flavor appeals to almost any toddler.

A box of Peas of Mind retails for \$5.99 and contains four individually wrapped puffets. Available in the freezer section at Whole Foods and Andronico's, www.peasofmind.com.