

# Eco Tot: Peas of Mind

FRI, 11/30/2007 - 10:00AM BY [BABYSUGAR](#)

You want to serve your kiddo the best fresh food, but sometimes work and other commitments get in the way. So give baby the best without all the worry — [Peas of Mind](#) makes vegetarian puffets with organic ingredients, no added sugars or genetically engineered ingredients, and no artificial flavors or preservatives.

A puffet, as defined by Peas of Mind, is a mini casserole. You can choose from a variety of meals – banana, greens (contains broccoli and spinach), black bean, and carrot puffets. Each one is mixed with either a polenta, noodle, or risotto to form the compact patty.

My lil one likes veggies already so this was an easy way to give them to her without all the prep work. Other moms swear by them because their tots won't look at vegetables, but gobble these up.

The frozen meals are sold in a four pack for \$5, and if you can't make it to the supermarket, they are available on-line.

