



Recipes



Infant & Toddler

Chia Pudding

Prep time: 20 minutes

Serving size: ¼ cup

Makes: 12 servings

Tools:

- Johnny Apple Peeler or sharp knife to cut, peel and core apples
- Cutting board
- Measuring cup
- Large pot
- Optional: cutting board and child safe knives

Ingredients:

- 8 apples, cored and peeled
- 1½ - 2 cups of water
- Optional: sprinkle of ground cinnamon

Directions:

1. Before starting, wash hands and sanitize all surfaces.
2. Peel, core and cut apples into small chunks.
3. Toddlers can help chop apples with child safe knives and cutting boards. Cut apples into slices so toddlers can chop into smaller pieces. Have them place the apples in the large pot.
4. In the large pot, add 1½ - 2 cups of water to the cut apples.
Toddlers can help fill and pour water with caregiver's assistance.
5. Simmer apples and water on medium-low heat until the apples are soft and have started to break down. Stir frequently.
6. Mash applesauce to desired consistency.
Use a potato ricer if you want your applesauce to be less chunky.
7. Add cinnamon, if desired.
8. Enjoy eating outside!

