

## **Quinoa and Apple** (suitable for 7+ Months)

(Quinoa is a grain that is an excellent source of protein, calcium and iron. The vitamin C from the apples helps with the iron absorption.)

2 apples

1/2 cup quinoa

1 1/2 cups water

Peel, core and dice apples and cook with 1/2 cup water until easily mashed. Wash and rinse quinoa (this is important as quinoa has a bitter coating), and cook with 1 cup water for about 10-15 minutes. Combine cooked quinoa and cooked apple. Mash or puree to desired consistency (add boiled water if necessary), taste and serve. Leftovers can easily be poured into ice cube trays, covered and frozen. Frozen cubes can then be emptied into an air tight container and kept in the freezer for up to 3 months.