

FOOD: PEAS OF MIND

Little Miss Puffet

Getting a child to eat their veggies can be like getting a dog to take a pill. You need to find creative ways to disguise them, or you'll get barked at. Puffets are organic, non-dairy, super healthy, and totally delicious mini gourmet casseroles that come in flavors like carrot risotto and black bean polenta. They're packed with all the good stuff — protein, iron, vitamins, and minerals — and kids gobble 'em up like candy, due to their decidedly un-veggie-like appearance. Puffets are recommended for children 12 months and older, but that didn't stop the DL staff from tasting them all. Our fave is Nanna's Banana Puffet, a moist, muffin-like blend of organic nanners and egg noodles. And it didn't even require funny faces and choo-choo sounds for us to eat them.

Available at Target and Whole Foods. —LS

More: peasofmind.com

