

Give Peas a Chance

✍️ Posted by [Sarah Smee](#) 📅 February 29, 2008

I admit it — I am a sucker for puns. I get a little chuckle when I see a beauty parlor called “Curl Up and Dye” or a yarn store called “Knit Knack.” So when I read about a new food company called [Peas of Mind](#), I was excited to learn more.

Peas of Mind makes healthy and organic frozen foods designed especially for growing kids. Their main product, Puffets, are small casseroles that can be easily picked up by little hands. The company’s goal is to provide a wide variety of interesting tastes



and textures to toddlers as they are starting to eat more solid foods. Increased exposure to veggies and other flavors will help kids to develop a wider palate.

Puffets come in four sweet and savory flavors, Nanna’s Banana, Eat Your Greens, Black Bean Polenta, and Carrot Risotto. They come frozen and are ready to eat in 2 minutes. These could be a nice option for a quick snack after work and before dinner.

Peas of Mind are now available nationwide, but unfortunately not yet in Maryland, so I haven’t been able to try these out myself. If you are able to get them, let me know what you think!