

Baby's first foods:

Applesauce



Ingredient	Approx. Cost*
2 medium apples, peeled and cored	\$1.58
Total	\$1.58

Serving size: ¼ cup # of servings: 4 **Cost per serving: \$0.40**

*Based on Peapod's on-line pricing as of 9/09.

Directions: Cut into large chunks so that they will not fall through the steamer grate. Place steamer wire into rice cooker pot. Pour liquid to just under the wire. Place apples inside and steam for about 15 minutes. Once cooled, spoon apples into the food processor and process until smooth. Add water as necessary. Makes about 1 cup.

Fitness Tip: Pelvic Tilt:- Lie on your back, knee bent up and feet flat on the floor. Place hands on your stomach so that you can feel the tightening muscles. Gently tighten your stomach muscles and push the arch of your back towards the floor. Squeeze your bottom tight. Hold the position till the count of 6, and then relax.

Nutritional Information per 2oz Serving (¼ cup):

Calories 39

Total Fat	0g
Saturated Fat	0g
% of daily total	0%
Carbohydrates	10g
Protein	0g
Fiber	1g

Vit A	1% 0-6 months
	0.5% 7-12 months
Vit C:	8% 0-6 months
	6% 7-12 months
Calcium:	2% 0-6 months
	1% 7-12 months
	19% * 0-6 months
Iron	0% 7-12 months
* Infants 0-6 months have iron stores and thus have a very low requirement of iron from food.	
Good source of: Iron, Potassium, Magnesium (greater than 10% RDA)	