

Perfectly Basic Pea

YIELD: 32 ounces
6 MONTHS PLUS

Ingredients:

1½ pounds frozen peas (that's usually 1½ bags)
8 ounces water

Directions:

- Fill a 4-quart pot halfway with water. Bring to a rolling boil over high heat.
- While water is coming to a boil get your “green veggie shocking station” ready. You’ll need . . .
 1. Colander
 2. Large bowl filled with ice and cold water. You want as much ice as possible.
- Pour the frozen peas into the colander. Run cool water over them to get rid of any ice crystals (which will allow the boiling water to come back to a boil faster).
- Pour the peas into the boiling water. Cook for three minutes on highest heat.
- Pour peas into colander. Run cold water over them and pour them into the ice bath. Allow the peas to chill for 3 minutes. Pour the peas back into the colander and pick out any remaining ice.
- Pour peas in the blender and add 8 ounces of cold water. Puree until smooth.
- Pour into two ice cube trays.
- Wrap and freeze.