

COOKING SESSION 1 -- AMAZING MISE EN PLACE PLAN

START

10 MIN

20 MIN

30 MIN

40 MIN

50 MIN

no-cook



BANANAS

peel

puree & pour

+



BLUEBERRIES

wash

puree & pour

+



APPLES

wash

peel

cut

steam
5-7 min.

puree & pour

+



CARROTS

wash

peel

cut

steam
8-10 min.

puree & pour

+



HARICOTS
VERTS

wash

cut

steam
5 min.

puree & pour

+



SWEET PEAS

wash

steam
2-3 min.

puree & pour

+

dry-grind



BROWN RICE

grind

+

store in an
airtight container
& freeze

HEAT WATER VIA STEAMER TO A SIMMER

before
you begin
label freezer
storage bags

shell
sweet peas
(if using fresh)
thaw frozen
"no-cook" foods

cover &
freeze trays

24 hours later
transfer to labeled
bags & organize
in freezer basket