LUDO BABY BITES for bugaboo

JAZZY BEANS BRUSCHETTA

INGREDIENTS:
FOR CHILDREN 1 YEAR +

1 CUP OF FRESH/RAW OR DRY MIXED BEANS
4 TABLESPOONS OF ORGANIC RICOTTA CHEESE
2 TABLESPOONS OF SUNDRIED TOMATOES (PACKED IN OLIVE OIL)
2 TABLESPOONS OF KALAMATA OLIVES (PITTED)
3 TABLESPOONS OF OLIVE OIL
1 TEASPOON FRESH CRACKED PEPPER
KOSHER SALT
FRESH ALFALFA SPROUTS
SLICED BAGUETTE

COOKING DIRECTIONS

1- PLACE BEANS, RICOTTA CHEESE, SUNDRIED TOMATOES, KOSHER SALT (ADD TO TASTE) AND OLIVES IN FOOD PROCESSOR. PULSE ON HIGH SPEED FOR 30-45 SECONDS.

2- ADD OLIVE OIL AND FRESH BLACK PEPPER (TO TASTE). PULSE FOR AN ADDITIONAL 15-30 SECONDS UNTIL MIXTURE BECOMES A PASTE-LIKE TEXTURE WITH SOME CHUNKS OF BEANS REMAINING. TEXTURE IS DETERMINED BY PERSONAL REFERENCE.

3 - SLICE A BAGUETTE AND DRIZZLE SLICES WITH OLIVE OIL. TOAST AT 400 DEGREES FOR ABOUT 5 MINUTES (UNTIL SLIGHTLY GOLDEN BROWN).

4 - TOP EACH SLICE WITH A SPOONFUL OF BEAN PASTE AND FRESH ALFALFA SPROUTS.

5 - ENJOY.

TIPS FROM CHEF LUDO

- **IF YOU ARE COOKING WITH DRY BEANS YOU NEED TO REHYDRATE THE BEANS BY SUBMERGING IN WATER FOR ABOUT 1 TO 3 HOURS BEFORE COOKING. COOK BEANS.**
- **BEANS ARE GREAT FOR REDUCING HEART DISEASE AND PROVIDING A FAT-FREE SOURCE OF PROTEIN.**

NOTE: BEFORE ADDING NEW FOOD ITEMS TO A CHILD'S DIET, CONSULT YOUR PEDIATRICIAN.

bugaboo