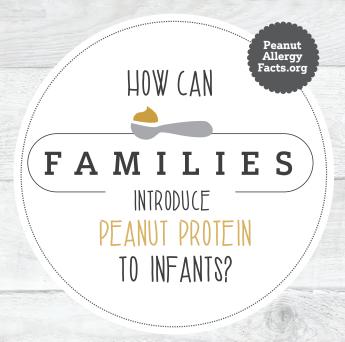
## National Peanut Board





Here are 5 easy ideas for early introduction

Thin 2 tsp. of peanut butter with 2-3 tsp. hot water. Allow to cool before serving.

Peagus 3

Stir in **2 tsp.** of powdered peanut butter into **2 Tbsp** previously tolerated pureed fruits or vegetables.



2

Blend **2 tsp.** of peanut butter into **2-3 Tbsp** foods like infant cereal, applesauce, yogurt (if already tolerating dairy), pureed chicken or tofu.





Introduce a peanut-containing teething food such as Bamba or Cheeky Monkey brand.
Twenty-one pieces is the recommended serving of Bamba.



Older teething infants who are self-feeding, may enjoy homemade peanut butter teething biscuits (find the recipe at NationalPeanutBoard.org).

REMEMBER

Whole nuts should not be given to children under 5 years of age. Peanut butter directly from a spoon or in lumps/dollops should not be given to children less than 4 years of age.