



How to Thin Smooth Peanut Butter for Baby



Ingredients:



3 teaspoons Gerber® Apple Puree or any puree flavor

+



1 teaspoon smooth peanut butter

Works with other liquids, too!



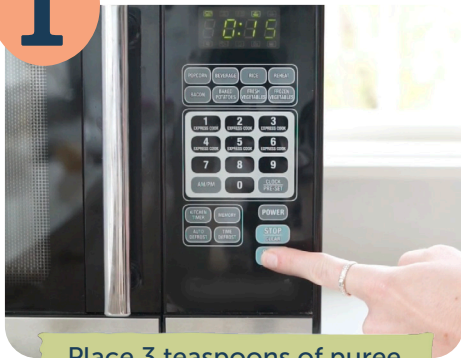
2 teaspoon heated breastmilk* or
2 teaspoon heated formula* or
2 tsp heated water*

+



1 teaspoon smooth peanut butter

1



Place 3 teaspoons of puree in a bowl and microwave for 15 seconds*

2



Place 1 teaspoon smooth peanut butter into heated puree

3



Stir at least 30 seconds, until completely mixed



* Heating is important for proper mixing
Use inside wrist to test temperature before serving



Before introducing allergens to baby, talk with your pediatrician about the best time to offer them
Learn more about peanut introduction at [gerber.com](https://www.gerber.com) or call 1-800-4-GERBER
Healthcare professionals visit [medical.gerber.com](https://www.medical.gerber.com)