



# How to Introduce Peanut Butter for Baby



## Ingredients:



3 teaspoons Gerber® Apple Puree or any puree flavor

+



1 teaspoon smooth peanut butter

## Works with other liquids, too!



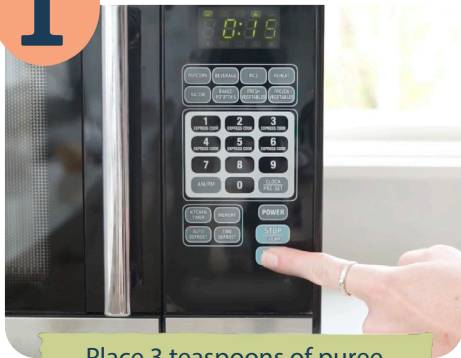
2 teaspoon heated breastmilk\* or  
2 teaspoon heated formula\* or  
2 tsp heated water\*

+



1 teaspoon smooth peanut butter

1



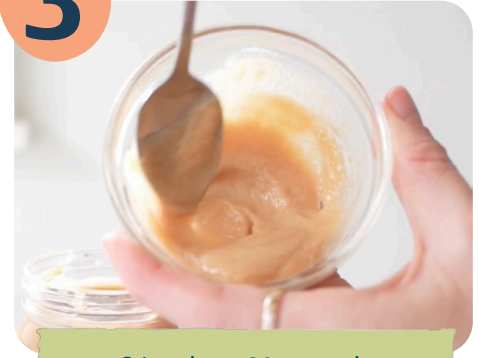
Place 3 teaspoons of puree in a bowl and microwave for 15 seconds\*

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](http://gerber.com) or call 1-800-4-GERBER**

Healthcare professionals visit 50