



# 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](https://www.gerber.com) or call 1-800-4-GERBER

Healthcare professionals visit 50