

How To Use Baby Cereal with Baby-Led Feeding



Pre-loaded spoon

- ✓ Mix baby cereal with less liquid for thick texture that clings to spoon
- ✓ Place thick cereal on the spoon
- ✓ Hand your baby the spoon so they can self-feed



Roll foods in baby cereal for grip

- ✓ Bite-sized pieces of fresh foods, like banana or avocado can be slippery for little hands
- ✓ Cut fresh banana, avocado, or a soft-cooked vegetable into long, thin strips or bite-sized pieces appropriate for your baby
- ✓ Roll the cut pieces in baby cereal until they are coated and ready for picking up



Learn more about baby-led feeding at [gerber.com](https://www.gerber.com) or call **1-800-4-GERBER**

Healthcare professionals visit [medical.gerber.com](https://www.medical.gerber.com)

Use Baby Cereal as an Ingredient in Baby-led Friendly Recipes



✓ Pancakes, muffins, waffles and more can use baby cereal as an ingredient for some of the flour

✓ Find recipes on **Gerber.com** that use baby's favorite foods to make recipes that can be picked up

✓ Cut pancakes or muffins into bite-sized pieces appropriate for baby before serving



Savory Green Bean Silver Dollar Pancakes



GET THE RECIPE:



This recipe is a great place to start introducing baby to fresh herbs. Soft herbs such as basil, parsley, mint, and dill work well in the pancakes. Serve with full-fat plain yogurt for dipping to increase the fun!

Pumpkin Spice Mini Bread



GET THE RECIPE:



Slice mini-breads into mini-slices and top with Pumpkin Spice Yogurt for an extra special treat!