



EGGY PEANUT BUTTER MUFFINS

Sourced from National Peanut Board

RECIPE TIPS

If you don't have a mini-muffin tray, you can multiply the recipe until you have enough to fill a regular muffin tray instead. If you go with this option, make sure to cut the muffin into small pieces that are safe for babies. Cooking times will also be different.



NUTRITION TALK

Sweet potatoes and pumpkins are rich sources of beta-carotene, which can be converted to Vitamin A, which is important for developing and maintaining skin, vision, and the immune system.



Whole wheat flour is a good source of protein, fiber, and a variety of vitamins and minerals like riboflavin and folate.

EARLY INTRODUCTION GUIDELINES

Start introducing allergenic foods early to reduce allergy risk! Waiting won't prevent food allergies!

Like learning to read, *early and often is best!*

WHEN?

Most Babies?

Introduce peanut-containing foods alongside other foods around 6 months and before 12 months.

High-Risk Babies?

(Has severe eczema, egg allergy, or both)

Introduce peanut-containing foods alongside other foods between 4 and 6 months.

HOW?

How Much?
2 teaspoons

How Often?
3 times per week



An Equal Opportunity, Affirmative Action, Veteran, Disability Institution.



PEANUT BUTTER BABY PANCAKES

Sourced from National Peanut Board

RECIPE TIPS

If you're looking for a quick and easy breakfast, try freezing your pancakes! First, stack them with wax paper in between each one. Then, store them in a container that's safe for the freezer.



When making this recipe, using a 1/4 cup dry measuring cup to pour the batter will give you the perfect size!

NUTRITION TALK

Whole wheat flour is a good source of protein, fiber, and a variety of vitamins and minerals like riboflavin and folate.

To reduce the amount of sugar given to children, you don't need to add any syrup to these baby pancakes. Instead, try thinning out smooth peanut butter with some water or milk and pour that over the pancakes. This will make them even more delicious without adding unnecessary sugar!



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TOTAL TIME: 25 MINUTES
SERVINGS: 8
SERVING SIZE: 1 MINI-MUFFIN

Suggested Age: 9+ months



INGREDIENTS

1/4 cup powdered peanut butter
1/4 cup whole wheat flour
1/4 teaspoon baking powder
1/8 teaspoon baking soda
Pinch of cinnamon
1 egg plus 1 egg white
1/4 cup wellmashed/ pureed sweet potato or pumpkin puree
1 tablespoon maple syrup

DIRECTIONS

1. Preheat the oven to 350 degrees.
2. Spray mini-muffin pan with pan spray.
3. Mix the dry ingredients, powdered peanut butter through cinnamon, in a medium bowl.
4. In a small bowl, mix the wet ingredients, egg, egg white, puree, and maple syrup if using.
5. Add the wet ingredients to the dry ingredients and mix just until no more flour is visible.
6. Divide between 8 mini-muffin wells.
7. Bake for 12-15 minutes or until a toothpick inserted into the middle of a muffin comes out clean.

NUTRITION FACTS

35 Calories
Total Fat: 0.5g
Carbohydrates: 5g
Protein: 3g
Sodium: 55mg
Cholesterol: 25mg

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PEANUT BUTTER BABY PANCAKES

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TOTAL TIME: 25 MINUTES
SERVINGS: 15
SERVING SIZE: 1 PANCAKE

Suggested Age: 7+ months



INGREDIENTS

1/2 cup whole milk Greek yogurt
1/4 cup milk
2 large eggs
1 teaspoon vanilla extract
1 teaspoon baking powder
1/4 cup peanut powder
1/2 cup whole wheat flour

DIRECTIONS

1. In a blender, add yogurt and milk and blend until smooth.
2. Add eggs, vanilla, maple syrup, and baking powder to blender and pulse just until mixed.
3. Add peanut powder and flour to blender and blend until fully incorporated, taking care not to overmix batter.
4. Heat non-stick pan over medium-low heat; coat with butter or coconut oil.
5. When butter starts to bubble, pour batter into pan. Flip when surface of pancake starts to form bubbles; cook until both sides are golden; remove from heat.

NUTRITION FACTS

40 Calories
Total Fat: 1g
Carbohydrates: 4g
Protein: 3g
Sodium: 15mg
Cholesterol: 25mg

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