



Recipes



Note: These recipes are intended for early introduction to help prevent a peanut allergy and may not be fully creditable under CACFP.

Peanut Butter Vanilla Yogurt Dip

🕒 5 minutes 📊 Easy 🍽️ Serves: 4 🍴 Serving Size: ¼ of recipe

Ingredients

1 cup yogurt, vanilla
4 tablespoons peanut butter
(Serve with fresh fruit or graham crackers)

Directions

Combine peanut butter and yogurt and mix well.
Portion into ¼ cup containers.
Refrigerate until ready to serve.
Serve with fresh fruit or graham crackers.



Peanut Butter Baby Pancakes

🕒 25 minutes 📊 Easy 🍽️ Serves: 15 🍴 Serving Size: 1 baby size pancake

Ingredients

½ cup whole milk Greek yogurt
¾ cup milk
2 large eggs
1 teaspoon vanilla extract
1 teaspoon maple syrup
1 teaspoon baking powder
¼ cup peanut powder*
½ cup whole wheat flour

Directions

In a blender, add yogurt and milk and blend until smooth.
Add eggs, vanilla, maple syrup, and baking powder to blender and pulse just until mixed.
Add peanut powder and flour to blender and blend until fully incorporated, taking care not to overmix batter.
Heat non-stick pan over medium-low heat; coat with butter or coconut oil.
When batter starts to bubble, pour about a quarter cup of batter. Flip when surface of pancake starts to form bubbles; cook until both sides are golden; remove from heat.
To freeze pancakes, stack pancakes with wax paper in between layers and place in freezer safe bag.



*Peanut powder is available nationwide but is not creditable under CACFP.

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Preventing Peanut Allergies



The science is clear: Introducing peanut containing-foods early can reduce the risk an infant at high-risk will develop a peanut allergy by up to 86 percent.

The good news is most babies are not at risk for developing a peanut allergy. However, the prevention window for introduction is small, and begins early—and all babies can benefit from eating peanut foods the first year. That’s why it is so important to know which path is right for your child.

The 2020-2025 Dietary Guidelines for Americans provide direction.

High-risk Infants

Introduce peanut-containing foods at age 4 to 6 months

Babies with severe eczema, egg allergy or both are at highest risk for developing peanut allergy. Discuss with your infant's healthcare provider before starting peanut foods (ideally before baby is 4 months old). Begin peanut foods as directed by baby's healthcare provider starting around 4-6 months of age and feed 2 teaspoons, 3 times per week.

Most Babies

Introduce peanut-containing foods within the first year

Start feeding baby peanut-containing foods in the first year and feed often as part of the usual diet. It is not necessary to discuss introducing peanut foods with a healthcare provider first for babies not at high-risk. Most children fall into this category.

or

Two Ways to Introduce Peanut Foods

Introducing peanut foods to babies is as easy as thinning 2 teaspoons of creamy peanut butter with 2 tablespoons of breastmilk, formula or water, or stirring 2 teaspoons of creamy peanut butter into 2 tablespoons of infant cereal or pureed baby food. Peanut-containing infant snack puffs are another easy option for feeding baby peanut foods easily and often. Whole nuts or undiluted nut butters are choking hazards and should not be fed to infants.

Visit [PreventPeanutAllergies.org](https://www.preventpeanutallergies.org) for more information.