

How To Safely Feed Almonds To Your Baby

When introducing almonds, feed one-eighth teaspoon of a soaked almond paste.



Include no more than half a teaspoon of blanched almonds in your baby's cereal, purees, and porridges.



Serve coarsely ground almond paste or powder in pancakes and smoothies for older babies.



Use almond flour for baking recipes for your little one.



Use almond oil as a salad dressing and almond milk for smoothies and shakes.

