

Tips For Introducing

Apricot

To Your Baby



Add mashed apricots to baby cereal or oatmeal.



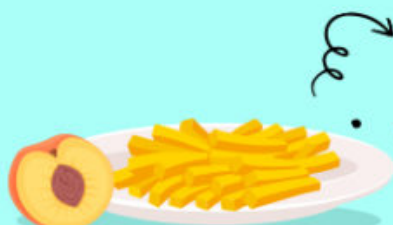
Soften the apricots by boiling them first.



Finely dice the fruit and add it to savory dishes to give them a sweet touch.



Prepare an apricot dip by mixing mashed apricot with cinnamon. Serve it with carrot sticks as finger food.



Serve the fresh fruit as finger food by cutting it into large pieces and sprinkling nutmeg powder before serving.

