Healthy And Tasty RECIDES For Your 13-Nonth-Old Baby

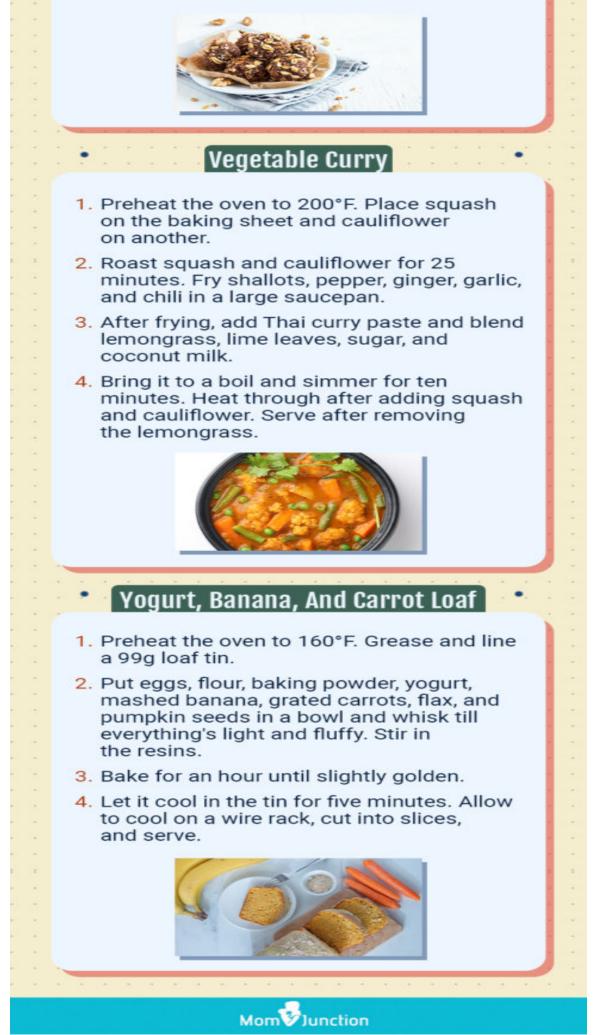
Overnight Oats

- Combine quick oats and chia seeds in a mixing bowl. After that, add milk, yogurt, mashed banana, and vanilla extract for flavor.
- Use plastic wrap to wrap the bowl. Refrigerate overnight.
- Serve these creamy overnight oats without added sugar, and let your child enjoy the texture.
- You can also add pieces of raspberries and blueberries to it.



Energy Balls

- Put dates into a bowl and add the boiling water. Soak for ten minutes.
- After draining the dates, keep them in a processor and blend until smooth.
- Add desiccated coconuts, cocoa powder, pumpkin seeds, sunflower seeds, resins, and maple syrup.
- Process until finely chopped. After that, roll into bowls, chill for an hour and serve.



Source: https://www.momjunction.com/articles/food-ideas-for-your-13-months-baby_00350386/