

WHY GIVE Butternut Squash To Babies?



Helps attain a healthy vision



Improves digestion



Reduces the chances of constipation



Helps in the proper functioning of the immune system



Has antiinflammatory properties



Rich in essential micronutrients that help to attain a healthy nervous and circulatory system



Source: https://www.momjunction.com/articles/steps-to-prepare-squash-for-babies_00102459/