

# WAYS TO ADD CHAMOMILE TEA TO YOUR BABY'S DIET



Offer cold tea to the baby during the summer.

Add a few drops of lemon juice to give the tea a tangy flavor that babies may like.



Freeze the chamomile tea into ice cubes. The ice cubes may be added to healthy homemade purees and smoothies, especially sweeter ones, to make them appealing to the baby.



Use the tea in place of water to make popsicles. Make small-size popsicles to avoid prolonged exposure to cold.

