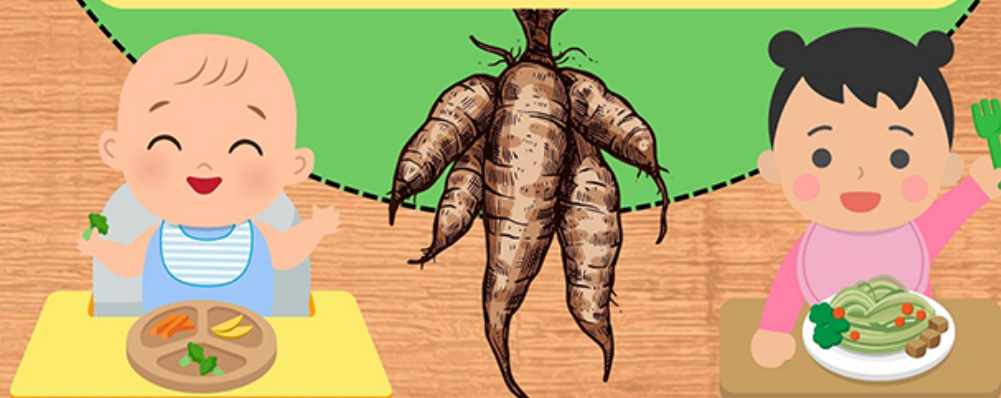


How To Include *Arrowroot* In Your Baby's Diet



Include arrowroot powder in weaning foods, like rice water and barley water.



Add the powder to purees and soups.



Mix arrowroot with mashed or pureed vegetables and fruits.



Feed arrowroot porridge to babies older than six months.



Give arrowroot powder mixed in breast milk or formula milk to relieve your baby of acid reflux.



Bake homemade arrowroot biscuits or cookies to help the baby during teething.

