

# Yummy And Healthy Nut Powder Recipe

## For Babies

### Ingredients



**Almonds**  
(1/2 cup)



**Cashew**  
(1/4 cup)



**Pistachios**  
(1/4 cup)



**Cardamom**  
(2 Whole)



### Method



- Blanch the almonds and peel them. Pat dry and roast them.
- Dry roast the pistachios and cashews.
- Remove the cardamom seeds from the cover and roast them.
- Transfer all the roasted items into a blender and blend them into a powder.
- Sieve the powder to catch coarse nut particles. Store the powder in an airtight container. The powder may be stored for up to three months.

### Usage



- You may add this powder to your baby's diet once they are eight months old and have not shown nut allergies.
- It may be added to pancake mixtures, purees, and porridges.