

## **DELICIOUS RECIPES FOR YOUR** SIX-MONTH-OLD BABY



**APRICOT PUREE** 

A smooth and tasty puree made from cooked and mashed apricots.



**BANANA PUREE** 

A nutritious and easy-todigest option for introducing solid foods to babies.



**BARLEY APPLE PORRIDGE** 

A wholesome and tasty option for babies, providing complex carbohydrates and vitamins.



**BAKED APPLES** 

Delicious and nutritious, baked apples are a sweet treat for baby's taste buds.



Sneak in some veggies with

this tasty and nutritive puree.



The perfect blend of sweet and savory in every bite for your little one.



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