

Different Ways To

Introduce

Flaxseed

To Your Baby



- Add a few drops of flaxseed oil or ground flaxseed to your baby's cereal.
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- Mix flaxseed flour in their favorite yogurt and serve as a snack.
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- Flaxseeds may be added to homemade biscuits, which may work as edible teething toys.
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- Sprinkle a few ground seeds on vegetable or fruit purees to enhance their nutritional value.
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- You may use unheated flaxseed oil in dipping sauces for finger foods.
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- You may use flaxseed flour as a base in several dishes, such as cookies and meatballs, for your baby.

