

Baby Food

RECIPES WITH Maple Syrup



- Mix 3 cups of rolled oats, 1 cup hulled raw pumpkin seeds, 1 cup pecans or walnuts, 1/2 cup maple syrup, and 1/2 cup (125 milliliters) olive oil in a bowl.
- Spread the mixture on a baking sheet and bake at 300°F (150°C) for about 45 minutes.
- Cool and grind.
- Use it as a topping on plain yogurt.



Ground granola

2



Sweet baked banana

- Cut a banana lengthwise and lay it on a foil-lined pan.
- Spread a teaspoon of maple syrup and sprinkle cinnamon powder.
- Bake at 350°F (175°C) for about 15 minutes

- Steam together diced apples and pears.
- Heat water, milk, and oats in a pan and bring it to a boil.
- Blend the steamed fruits, oats mixture, and a teaspoonful of maple syrup.



Sweet porridge



Mom Junction

Source: https://www.momjunction.com/articles/maple-syrup-for-babies-safety-precautions-alternatives_00764649/