

Banana, Carrots, Apple, Cinnamon, Vanilla, Nut Milk/

Breastmilk

1 banana

1/2 cup carrots 1/2 an apple

1 pinch of cinnamon

1 t vanilla

1 cup nut milk or breast milk



The Flavors of spring in a furel Popsicle Recipe for Baby.



In addition to colorful flowers and emerging buds on trees, spring brings a bounty of fresh flavors that make a healthy meal, snack or filling for teethers, such as teetherpop^{ne}. Start introducing babies at least six months old to new tastes by making homemade smoothies, purées popsicle and juices using in-season vegetables, fruits and herbs.

Seasonal produce may vary by region, based on growing conditions and weather, but generally, in the U.S., one can find a slew of favorite in-season produce including: apples, apricots, avocados, bananas, carrots, kale, kiwi, lemons, pineapple, strawberries, and more.

Make purée popsicles for little ones using an easy-to-digest combination of fruits or vegetables that your baby is familiar with. Be sure that any ingredient you include in the smoothie has been previously given to b

Here are some Flavors of Spring Purée Popsicle Recipes to get you started.

Kiwi, Kale, Banana, Nut Milk/Breastmilk and Chia Seeds

1 kiwi

1 cup of kale

1 banana

1 cup nut milk or breast milk pinch of chia seeds

Banana, Strawberry, Almond Butter, Vanilla, Nut Milk/Breastmilk

1 banana

1 cup strawberries 1 T almond butter

1 t vanilla

1 cup nut milk or breast milk

