

How to Prepare Infant-Safe Peanut-Containing Foods at Home for Your Baby

There are several ways you can safely introduce peanut-containing foods to your baby. Introducing these foods as early as 4 to 6 months of age can reduce the chance of your baby developing a peanut allergy.

Option 1: Thinned creamy peanut butter

1. Start with 2 teaspoons of creamy peanut butter in a small dish. (Don't use chunky peanut butter, which is a choking hazard.)
2. Slowly add 2 to 3 teaspoons of warm water, breast milk or formula.
3. Stir until peanut butter is well blended and the mixture is runny. Let the mixture cool if needed.



Option 2: Creamy peanut butter in vegetable puree, fruit puree, or infant cereal

1. Start with 2 teaspoons of creamy peanut butter in a small dish.
2. Add 2 to 3 tablespoons of any vegetable puree, fruit puree, or infant cereal your baby already eats.
3. Adjust the amount of puree to match your baby's preferred texture and stir to mix.



Option 3: Peanut flour or peanut butter powder in fruit or vegetable puree

1. Measure 2 teaspoons of peanut flour or peanut butter powder into a small dish.
2. Add 2 tablespoons of any pureed fruits or vegetables that your baby already eats.
3. Adjust the amount of puree to match your baby's preferred texture and stir to mix.



Option 4: Bamba peanut puffs

Bamba is a puffed snack made with peanuts and corn. You can buy Bamba online or in some grocery stores. You can also use any puffed peanut snack that contains a similar amount of peanut protein.

- **Babies under 7 months:** Give softened Bamba. Put two-thirds of a 1-oz bag of Bamba in a small bowl and crush it into powder. Add 1.5 to 2 tablespoons of water, breastmilk, or formula to soften the Bamba
- **Older babies:** Give regular Bamba. If your baby is already easily eating other puffed foods, give Bamba right out of the package. One serving is about 21 puffs.



Visit [FoodAllergyPrevention.org](https://www.foodallergy.org) to find more tips on safely feeding your baby first solid foods, how to recognize a food allergy reaction, and information about the research on preventing food allergies.