



UNIVERSITY OF GEORGIA
EXTENSION

PEANUT BUTTER SOFT COOKIES

Sourced from National Peanut Board

TOTAL TIME: 25 MINUTES
SERVINGS: 10
SERVING SIZE: 1 COOKIE

Suggested Age: 7+ months



NUTRITION FACTS

70 Calories

Total Fat: 3.5g

Carbohydrates: 8g

Protein: 2g

Sodium: 30mg

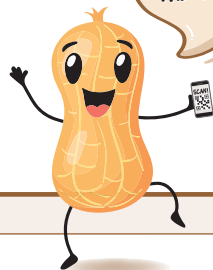
Cholesterol: 0mg

INGREDIENTS

*1 medium extra ripe banana, mashed
1/2 cup pureed butternut squash, (fresh,
baby food, or thawed from frozen)
1/4 cup peanut butter
1/2 cup uncooked old-fashioned oats
1/2 teaspoon cinnamon*

DIRECTIONS

1. Preheat oven to 375 degrees; line cookie sheet with parchment paper.
2. Mix together banana, squash, peanut butter, oats and cinnamon; chill dough for 10 minutes.
3. Spoon dough onto baking sheet and gently mash tops with a fork.
4. Bake for 20 minutes; allow to cool completely before serving to baby.



SCAN QR CODE FOR
THE ONLINE RECIPE!



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RECIPE TIPS

For kids aged two or older, add a little sweetness by sprinkling some mini-chocolate chips on top before baking!

If the dough is sticking to the forks, even after chilling, you can apply a light coating of oil or cooking spray to your fork.



NUTRITION TALK

Old-fashioned oats are a good source of fiber, carbs, protein, vitamins, minerals, and antioxidants.

Bananas are a great way to get fiber and potassium which can help maintain a healthy heart.



EARLY INTRODUCTION GUIDELINES

Start introducing allergenic foods early to reduce allergy risk! Waiting won't prevent food allergies!

Like learning to read, *early and often is best!*

WHEN?

Most Babies?

Introduce peanut-containing foods alongside other foods around 6 months and before 12 months.

High-Risk Babies?

(Has severe eczema, egg allergy, or both)

Introduce peanut-containing foods alongside other foods between 4 and 6 months.

HOW?

How Much?

2 teaspoons

How Often?

3 times per week

