



• Baby Friendly • Recipes With Cinnamon

1

Carrot, Apples, And Cinnamon Mash (6-9 months babies)



- Pour water into a large pot up to two inches and boil it. Put in the carrots and apples.
- Cover and steam for about ten minutes until the carrots are cooked through.
- Cool and mash. Add the cinnamon and stir to combine.

2


Cinnamon Toast With Banana (9-12 months babies)



- Toast the bread slices in the toaster until golden brown.
- Peel and slice the banana into small slices.
- Cut the bread into smaller pieces. Spread the banana slices on the bread.
- Sprinkle some cinnamon before serving it as finger food to your baby.

**3**

No-Bake Cinnamon Rolls (12 months and older babies)



- Heat bread slices with a teaspoon of oil on a pan. Cook them on both sides until slightly golden brown.
 - Spread a thin layer of plain peanut butter on the bread and sprinkle cinnamon sugar on top of it.
 - Roll the bread tightly. Cut them into rolls of the desired size.
 - Sprinkle some more cinnamon sugar on top and serve it to your baby.
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