



# Baby Foods

## That Taste Best With Nutmeg



**Carrot puree**



**Apple puree**



**Pear puree**

**Apricot  
carrot puree**



**Butternut  
puree**

**Pumpkin  
oatmeal  
baby food**



For best results make the pureed food first and then stir in a small pinch of nutmeg powder into it.