



# 4 SIMPLE RECIPES TO INTRODUCE EGGS & PEANUT BUTTER TO INFANTS



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## Did you know peanut foods and eggs can be introduced to babies early to help prevent potential allergies?

Recent guidelines from the National Institutes of Allergy and Infectious Disease identify the risk factors for developing peanut allergy as having severe eczema or existing egg allergy. For babies with one or both of these conditions, talk to your healthcare professional before introducing peanut foods. Babies without severe eczema or egg allergy can introduce peanut foods and eggs starting around 6 months, or whenever baby is developmentally ready. Two teaspoons of peanut butter thinned with breast milk, formula or water or stirred into infant cereal is a great way to introduce peanut foods. Scrambled eggs or egg yolk mashed into infant cereal is a great way to introduce egg. Once introduced, keep peanut foods and eggs in the diet often, about three times per week. For other potential allergens introduction should begin at or after six months of age and within the first year of life. Visit [PreventPeanutAllergies.org](http://PreventPeanutAllergies.org) for more information.

Once your little one has successfully enjoyed peanut and egg separately, you can try all sorts of fun combinations. Give these fun recipes a try and enjoy the funny faces and mmm's!

## EGGY PEANUT BUTTER MUFFINS

Suggested age: self-feeding infants 9+ months



### Ingredients:

- ¼ cup powdered peanut butter (16g)
- ¼ cup whole wheat flour
- ¼ teaspoon baking powder
- ⅛ teaspoon baking soda
- Pinch of cinnamon
- 1 egg plus 1 egg white (9.3g)
- ¼ cup well-mashed/pureed sweet potato or pumpkin puree
- 1 tablespoon maple syrup (optional)

### Directions:

Preheat the oven to 350 degrees. Spray mini muffin pan with pan spray. Mix the dry ingredients in a medium bowl. In a small bowl, mix the wet ingredients. Add the wet ingredients to the dry ingredients and mix just until no more flour is visible. Divide between 8 mini muffin tin holes. Bake for 12-15 minutes or until a toothpick inserted into the middle of a muffin comes out clean.

*Note: Each muffin contains approximately 2g peanut protein and 1.2g egg protein*

### Nutrition information per serving:

Calories 35, Fat 0.5g, Trans fats 0g, Cholesterol 25mg, Carbohydrate 5g, Protein 3g, Fiber 1g, Sodium 55mg

## PEANUT BUTTER EGG SCRAMBLE

Suggested age: 4-6 months+



### Ingredients:

- 1 egg white
- 1 tablespoon water
- 2 teaspoons peanut butter
- Pan spray

### Directions:

Preheat a small non-stick pan over medium-low heat. In a small bowl, scramble the egg white with the water and peanut butter. Spritz the pan with a bit of spray oil and then add the egg and peanut butter mixture. Cook until mixture is cooked through and soft-crumby, with no liquid remaining, stirring occasionally.

*Note: Contains approximately 2g peanut protein and 2g egg protein*

### Nutrition information per serving:

Calories 70, Fat 6g, Trans fats 0g, Cholesterol 0mg, Carbohydrate 3g, Protein 4g, Fiber 1g, Sodium 75mg

## PEANUT BUTTER OATMEAL WITH EGG

Suggested age: 6+ months when modified for readiness



### Ingredients:

- 1 tablespoon quick-cooking oats
- 4 tablespoons water (or more to adjust consistency as needed)
- 2 teaspoons peanut butter
- 1 egg yolk

### Directions:

In a microwave-safe bowl, mix together oats and water and cook for 30 seconds on high. Add the peanut butter and egg yolk and stir until completely mixed. Cook an additional 30-40 seconds until the mixture is steaming and cooked through. Allow to cool before feeding baby. Add a tablespoon of breastmilk or formula to thin out if needed.

*Note: Contains approximately 2g peanut protein and 2.7g egg protein*

### Nutrition information per serving:

Calories 70, Fat 6g, Trans Fats 0g, Cholesterol 0mg, Carbohydrate 3g, Protein 4g, Fiber 1g, Sodium 75mg

## PEANUT BUTTER SWEET POTATO SOUFFLÉ

Suggested age: 4-6 months+ when modified for readiness



### Ingredients:

- ¼ cup sweet potato, baked, peeled and mashed well
- 2 teaspoons peanut butter
- 1 egg yolk

### Directions:

Preheat the oven to 350 degrees. Prepare a small oven-safe bowl or dish, such as a ramekin, by spraying with oil. Mix all ingredients together and pour into the ramekin. Bake for 20 minutes, or until a thermometer measures 165 degrees. Allow to cool before feeding to baby. Add a little breastmilk, formula or water to thin or soften as needed.

*Note: Contains approximately 2g peanut protein and 2.7g egg protein*

### Nutrition information per serving:

Calories 170, Fat 10g, Trans fats: 0g, Cholesterol 195mg, Carbohydrate 13g, Protein 6g, Fiber 2g, Sodium 70mg

Recipes photos: Kenan Hill

Peanut and egg are the two common allergens with the most research to support introducing them to infants before their first birthday. Experts agree that the evidence does not support withholding allergens as a means to prevent food allergies.