



The AAP recommends babies be actively exposed to peanuts and other allergens starting at 4 months old.

EARLY INTRODUCTION IS AS SIMPLE AS:

4

Start at 4 Months Old

As soon as your baby starts eating solid foods, you should start introducing them to peanuts.

3

Serve 3x Per Week

Regular exposure is important. But don't worry if you miss a day.

2

Mix 2 Scoops Per Serving

Each serving (2 teaspoons) has just the right amount of peanuts.

1

Continue Until 1 Year Old

Once you use up your Lil Mixins, your baby should be old enough to start eating peanut butter!

Questions? Learn more at www.lilmixins.com/faq
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@lilmixins