

SNACKS

CREAM CHEESE AND APPLE TOAST

10-12 MONTHS

INGREDIENTS *(makes 2 servings)*

- 2 slices wholemeal bread
- 2 tablespoons cream cheese
- ¼ medium apple (diced)

STEPS

1. Spread a layer of cream cheese on bread.
2. Cut to bite-sized pieces for babies.
3. Lay diced apple on bread.

HEALTHY EATING TIPS

Mix pureed fruits with cream cheese to create your own flavoured spreads. You may also use other fruits such as strawberries or mangoes.

