

roasted veggie sticks

Roasting brings out the sweet flavors found in veggies. It's an easy way to make delicious vegetables **that your family will love!**

1. Wash and peel vegetables of your choice. Cut into long sticks.
2. Place the veggie sticks in a large bowl with a little olive oil or vegetable oil. Toss to coat.
3. Lay veggie sticks on a metal baking pan.
4. Bake in a 400° F oven for 12 to 15 minutes, or until they are very soft.
5. Remove from the oven and cool.

Test roasted veggie sticks before giving to your baby—make sure they are soft and mash easily in your mouth.



Add new flavors with a little bit of herbs and spices!
Sprinkle veggies with cinnamon, nutmeg or cumin before baking.



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