

how to offer eggs

around 6 months of age,
and after your baby has started eating foods

1. Hard boil eggs:

- Place eggs in a saucepan. Cover with cold water.
- Heat water to a fast boil. Remove pan from heat, cover and let sit for 15 minutes.
- Drain water off eggs. Place eggs in a bowl of ice water to cool. Store hard boiled eggs in the refrigerator for up to 7 days.

2. Make it safe for your baby:

- Peel a cooled hard boiled egg. Chop into small pieces.
- Blend 1 tablespoon of chopped egg with 1 tablespoon of warm water, breast milk or formula until smooth.
- Mix the egg puree into infant oatmeal or a vegetable puree.



**If your baby has eczema, a family history of food allergies or already has a food allergy, talk to your health care provider before offering eggs.*

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