

# 10 TOAST TOPPINGS

*for maximum nutrition*

6 MONTHS+



**Thinly  
spread nut  
butter**



**Cottage,  
ricotta, or  
goat cheese**



**Mashed  
Avocado**



**Hummus**



**Smashed berries  
or homemade  
jam**



**Mashed  
beans or  
lentils**



**Mashed eggs  
mixed with  
Greek yogurt**



**Mashed  
banana with  
hemp seeds**



**Puréed  
Liver**



**Fish mixed with  
mayonnaise**