

Natural Life Consulting, LLC

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GOOD CHOICE SWEET FOODS

Raw honey (**DO NOT USE IT IF** the child is less than 1 year old)

Raw dates (soft medjool dates are easier to use in recipes on in oatmeal).

Ripe fruit (juice at first then transition to mashed ripe fruit for less
Sugar)

Molasses (organic, without sulphur)

Maple syrup only for transitioning as the extensive boiling down of
the tree sap changes it to a refined sugar.