

# OATMEAL porridge

## baby food recipe



### **Tools**

*Blender or food processor, saucepan, storage trays, zip-lock bags*

### **Ingredients**

*1 tbsp. of oats, 6 tbsp. of breast milk or formula plus other ingredients (pureed banana or apple)*

### **Method**

*Heat breast milk or formula in a saucepan for a few minutes. Add oats and boil, stirring till you get the desired thickness. Let it cool and pour into blender or food processor (with some pureed banana or apple if you prefer). Puree till very smooth.*

### **Storage**

*Keep refrigerated in storage trays placed inside zip-lock bags.*