

OATS + APPLE cereal recipe



Tools

Saucepan, storage trays, zip-lock bags

Ingredients

A half (1/2) peeled and diced apple, a quarter (1/4) cup of ground oats, a 3/4 cup of water and breast or formula milk

Method

Let the oats, apple and water simmer for 10 minutes max (apple must be cooked till it is soft)

Take it off the cooker and let it cool

Add in as much breast or formula milk to your desired thickness

Storage

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