

Brass Monkey's Bananas

For Babies 6 Months & Up ★ Yields 20 Tablespoons

INGREDIENTS:

- ★ 1/4 cup rolled oats
- ★ 1 medium apple (preferably Gala), peeled, cored, and diced
- ★ 3/4 cup water
- ★ 1/2 teaspoon fresh lemon juice
- ★ 2 small ripe bananas, peeled and cut into chunks
- ★ 1 pinch ground cinnamon (optional)



Recipe is from Rockabye Baby!
Lullaby Renditions of Beastie Boys

DIRECTIONS:

- Add oats to a clean coffee/spice grinder or blender and grind to a fine powder.
- Add oat powder to a small saucepan and stir in apples, water, and lemon juice.
- Bring to a boil over medium-high heat. Reduce to a simmer.
- Cover and cook, stirring occasionally, for 15 minutes until oats have thickened and apples are falling apart.
- Transfer to a blender, add bananas and purée. Push through a fine mesh strainer for a smoother consistency, if desired. Set aside to cool.
- Divide into ice cube trays, cover with plastic wrap and freeze. When frozen, transfer to a freezer bag for storage.

www.rockabyebabymusic.com

Recipes created by Jeff Parker

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