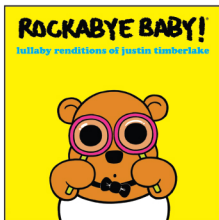


Cry Me Some Carrots

For Babies 6 Months & Up ★ Yields 32 Tablespoons

INGREDIENTS:

- ★ 1 bag (16 oz.) peeled baby carrots
- ★ 1/2 Golden Delicious or Gala apple, peeled and diced
- ★ 1 pinch ground cinnamon (optional)



Recipe is from Rockabye Baby!
Lullaby Renditions of Justin Timberlake

DIRECTIONS:

- Place carrots in a pan with a steamer basket. Add enough water so that it just comes to the bottom of the basket. Bring to a slow boil, cover and steam for 5 minutes.
- Add diced apple and steam for 10 minutes more.
- Transfer to a blender and reserve the steaming liquid. Add cinnamon (optional) and 1/2 cup of reserved liquid; purée until smooth and desired consistency. Add more liquid if necessary.
- Cool to room temperature. Divide into ice cube trays, cover with plastic wrap and freeze. When frozen, transfer to a freezer bag for storage.

www.rockabyebabymusic.com

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