

# Hot Lima Bling

For Babies 6 Months & Up ★ Yields 28 Tablespoons

## INGREDIENTS:

- ★ 1 cup (5 oz) frozen lima beans
- ★ 1 medium apple (4 oz)
- ★ 1/2 a medium avocado (2 oz)



Recipe is from Rockabye Baby!  
Lullaby Renditions of Drake

## DIRECTIONS:

- Add lima beans to a small saucepan with just enough water to cover.
- Bring to a boil, then reduce to simmer. Simmer on low for 5 minutes.
- Peel and chop the apple and avocado and add to a blender.
- Add the lima beans to blender with some of the cooking liquid.
- Blend until smooth, adding liquid as needed.
- Divide into ice cube trays, cover with plastic wrap and freeze. When frozen, transfer to a freezer bag for storage.

[www.rockabyebabymusic.com](http://www.rockabyebabymusic.com)

**Recipe created by Carly van Daalen Wetters**

Cuisinier and special projects assistant, CMH Records, Inc.