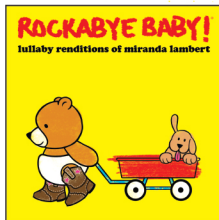


Carrot-sene

For Babies 6 Months & Up ★ Yields 38 Tablespoons

INGREDIENTS:

- ★ 2 large carrots - 8 oz
- ★ 1/3 cup raisins - 2 oz
- ★ 1/2 cup oatmeal - 2 oz
- ★ Pinch cinnamon



Recipe is from Rockabye Baby!
Lullaby Renditions of Miranda Lambert

DIRECTIONS:

- Peel and chop the carrots into half inch pieces. Add carrots and 2 cups of water to a pan, cover and bring to a boil. Cook 5 minutes.
- Add raisins to the pan, cover and cook an additional 5 minutes.
- Uncover the pan and cook until the raisins are plump, additional 5 to 10 minutes.
- Grind oatmeal in a blender or food processor to a fine powder, then add oatmeal to pan and stir quickly until oatmeal has absorbed water.
- Pour mixture into a blender or food processor and add cinnamon. Blend until smooth, adding water 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

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