

Whatever it Dates

For Babies 6 Months & Up ★ Yields 30 Tablespoons

INGREDIENTS:

- ★ 1/4 cup hominy grits (1.5 oz)
- ★ 3 medjool dates (1.5 oz)
- ★ 1 1/4 cups water
- ★ Pinch of cinnamon (optional)



Recipe is from Rockabye Baby!
Lullaby Renditions of Imagine Dragons

DIRECTIONS:

- Combine hominy and water in a small pan and bring to a simmer.
- Cover and cook 5 to 6 minutes on low, stirring every 1-2 minutes.
- Remove pits and finely chop dates and add to blender.
- Add cooked grits and cinnamon (optional) to blender and purée 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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