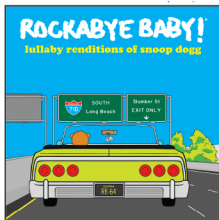


Ginger and Juice

For Babies 6 Months & Up ★ Yields 26 Tablespoons

INGREDIENTS:

- ★ 2 medium carrots – 8oz
- ★ 1 medium orange – 6oz
- ★ 1 knob fresh ginger



Recipe is from Rockabye Baby!
Lullaby Renditions of Snoop Dogg

DIRECTIONS:

- Peel and slice carrots and ginger into 1/4" rounds and place in a steamer basket over gently boiling water. Cover and steam 15-20 minutes or until carrots are tender.
- Halve and juice the orange. Should yield approximately 3-4oz juice.
- Remove ginger slices from steamed carrots. Place carrots and juice in a blender and purée until smooth.
- Divide into ice cube trays, cover with plastic wrap and freeze. When frozen, transfer to a freezer bag for storage.

www.rockabyebabymusic.com

Recipe created by Carly van Daalen Wetters

Cuisinier and special projects assistant, CMH Records, Inc.