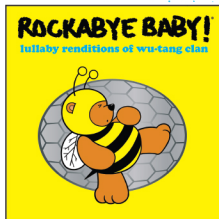


Wu-Tang Clan Oat Nuthing ta Fig Wit

For Babies 6 Months & Up ★ Yields 48 Tablespoons

INGREDIENTS:

- ★ Dried Mission figs – 8oz
- ★ 1/4 cup steel cut oats – 2oz
- ★ 1 small apple – 4oz
- ★ 2 cups water
- ★ Cinnamon (optional)



Recipe is from Rockabye Baby!
Lullaby Renditions of Wu-Tang Clan

DIRECTIONS:

- Chop figs, removing any bits of stem from the ends.
- Add oatmeal and water to a saucepan and bring to a boil. Add chopped figs, reduce to simmer, cover and cook 5 minutes.
- Peel and chop apple. Add to fig and oatmeal, stir, and simmer additional 5 minutes.
- Pour mixture into a blender or food processor and add cinnamon (optional). Blend until smooth, adding liquid as needed.
- For storage, divide into ice cube trays, cover with plastic wrap and freeze. When frozen, transfer to a freezer bag.

www.rockabyebabymusic.com

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