



# BANANA & CINNAMON OATS

SUITABLE FROM 7 MONTHS



PERFECT TO SERVE AS BREAKFAST

## INGREDIENTS

Oats  
1 ripe banana  
Pinch of cinnamon  
Cheat sheet : Use  
Tummies full of love  
Chocolate Banana or  
Merry Berry with your  
cooked oats

## METHOD

- 1 Add dry oats to blender, do not steam, just blend into a fine oat flour.
- 2 Remove flour from the blender.

### COOKING OATS

Add ¼ cup of oats to microwave safe bowl  
Add ½ cup of water  
Cook for 4 minutes, stirring in between  
While oats are cooking start the fruit puree

### THE PUREE

Add peeled and cut banana to blender  
Add pinch of cinnamon  
Blend into desired texture  
Add the puree to the cooked oats

### Additional Notes:

If you should freeze it, heat it well and mix some formula/breast milk in before serving  
Use Seasonal products like berries, mango or peaches to introduce to your baby



You can watch how Marita from Tummies Full of Love makes this Recipe by Scanning the QR code

RECIPE DEVELOPED BY



MAGIES VOL LIEFDE  
TUMMIES FULL OF LOVE  
♥ Baby & Toddler Food ♥

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