



Baby Oatmeal – Baby Bites Stage 1 Food

10 Portions • 1 Portion = 1 Ounce

INGREDIENTS

- 2 cups water
- 1 cup old-fashioned oats
- ¼ cup breastmilk, formula, water, or broth
- Optional: If your baby tolerates this new solid food well and is ready for Stage 2 foods, you can add ½ teaspoon chia seeds, ½ teaspoon hemp seeds, a pinch of cinnamon, and a dash of vanilla extract.

DIRECTIONS

1. In a saucepan, bring water to a boil before adding in old-fashioned oats.
2. Cook oats on medium to low heat for 5 minutes or until all of the water is absorbed by the oats. Remove from heat and let cool slightly.
3. Transfer the oats to a blender or food processor and puree for 1 minute until there are no more lumps in the mixture. Add liquid of choice in ¼ cup increments to reach desired consistency.
4. If your baby is ready for Stage 2 foods, add optional ingredients.
5. Divide into 1 ounce servings. Serve immediately, store in the refrigerator for up to two days, or store in the freezer for up to two months. Make sure to label each container with the name of the recipe and the date it was made.

Nutrition Facts

10 portions servings per container
Serving size 1 ounce (10g)

Amount per serving
Calories 40

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 0mg	0%
Potassium 36mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*Nutrition Facts label uses water to cook and includes optional ingredients.

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