

Oats Are Not Limited To A Bowl



Oats need not be served in a bowl; it can be good finger food too. Here is a delectable oats finger food recipe for ten-month-olds.



Oat Porridge Granola Bar Recipe

You will need

Main ingredients:

- $\frac{1}{3}$ cup rolled oats
- 3tbsp milk
- Roasted nut powder (optional)



Flavoring ingredients

(choose any one combination):

- $\frac{1}{4}$ cup fresh/frozen blueberries + 1tsp shredded coconut.
- $\frac{1}{4}$ cup mashed bananas.
- $\frac{1}{2}$ cup grated apple + $\frac{1}{2}$ tbsp cinnamon.
- 1tbsp applesauce + 1tbsp grated carrot + a pinch of ground cinnamon, nutmeg, and ginger powders.

How To Prepare

1. Blend milk with the chosen flavoring ingredients.
2. Soak the oats in the flavored milk for some time.
3. Pour the oats and milk into a microwave-safe dish.
4. Microwave for 40-60 seconds until the oats are firm to touch and dry.
5. Transfer them to a tray, press them, and cut them into small bars.

Safety tips:

- Replace ingredients to which your baby is allergic.
- Be there with the baby to ensure they do not choke on the bar.

