

Fruit porridge for babies

Ingredients required for 1 persons

Preparation time 15 minutes

Difficulty easy

Ingredients

100 g fruits
100 ml water
20 g oat flakes
complementary food oil



Preparation

Wash the fruit, peel if necessary and cut into small pieces. Place the fruit in a cooking pot, cover with water and bring to the boil briefly. Then puree the mixture. Mix the water and oat flakes and boil for about four minutes. Mix the porridge with the fruit. Then add our complementary food oil to the porridge. We recommend adding one teaspoon (approx. 5 grams) per 100 grams of porridge.

By the way

Bananas, apples or ripe pears are classic fruits for porridges. Apricots, peaches and blueberries are also considered easily digestible.