










Carrot porridge



Ingredients

	20g Porridge oats		carrot
	100 ml milk		

You will need

	Chopping board		Small chopping knife
	Kitchen scales		Measuring jug
	saucepan		Metal colander

You will need cont



Fork
peeler



Serving bowl














Mixing spoon



Tin foil

Method

		<p>Add water to a sauce pan bring to the boil while you prepare the carrot</p> <p>Place a metal colander on top of the sauce pan</p>
		<p>Peel the carrot</p>
		<p>Cut the ends off</p>
		<p>Cut the carrot in half</p>
		<p>Cut each half into half again then into strips</p>
		<p>Cut into finger size pieces</p>

Method



Place the carrot into the metal colander that is over the pan of boiled water



Cover with tin foil and steam/cook for around 10 minutes or until soft enough to mash



After turning the hob off carefully place the cooked carrot into a bowl and mash with a fork

Leave some cooked carrot stick to the side for baby to have as finger food



Add the milk to the saucepan bring to a simmer



Then add the porridge oats to the pan cook and stir occasionally for around 15-20 minutes



Add the mashed carrot to the pan and a few minutes before the end and mix well

Method



Place into a serving bowl allow to cool slightly



Serve to baby



Can also be served with cooked carrot sticks as finger food for baby