

VANILLA ROASTED PEAR OATMEAL

INGREDIENTS

4 bosc pears
1 vanilla bean
2 tbsp water

PERFECT OATMEAL

1 cup steel cut oats*
3 cups water
*Note: If baby does not like the texture of steel cut oats, use rolls oats. It's softer and cooks very quickly! (1 c. rolled oats + 2 c. of water, cook for 3-5 min)

DIRECTIONS

1. Prepare the pears - peel, core, and halve through the stem.
2. Arrange the pears on a baking dish.
3. Split vanilla beans in half and nestle the pieces in the pears.
4. Pour 2 tablespoons of water into the dish.
5. Roast for 1 hour at 375F.
6. After 30 minutes, baste with pan juices and turn over pears.
7. Cook for 30 minutes more or until tender.
8. Puree, mash, or dice into small pieces.
9. Stir into oatmeal and serve warm!

PERFECT OATMEAL

1. Stir the oats into boiling water.
2. Bring back to boil and reduce heat to low.
3. Cook for 30 minutes.