

Check if your baby has allergies





Do not introduce any new food within the next three to five days

Use finely ground oats for preparing soups or purees





Taste the dish before giving it to your baby

Soak the oats before cooking them to reduce the overall cooking time





Source: https://www.momjunction.com/articles/easy-yummy-oats-recipes-your-babywill-love-to-eat_00108705/