

BROWN RICE cereal baby food recipe



Tools

Blender, saucepan, storage trays and zip-lock bags

Ingredients

A half-cup to a quarter-cup of brown rice powder, one cup of water plus other ingredients (read our blog for more details)

Method

Blend brown rice into powder with your blender. Boil some water in a saucepan and add the powder. Stir always to avoid getting lumps. Add more water to get your desired thickness. Let it simmer for some minutes (10 mins. max) and during that time, whisk it a bit. You can add some breast milk or formula or some pureed fruits at this point. Let it cool down and serve.

Storage

Keep refrigerated in storage trays placed inside zip-lock bags.