

# RICE CEREAL

## recipe



### Tools

*Blender or food processor, saucepan, storage trays, zip-lock bags*

### Ingredients

*A quarter cup of brown rice powder, a cup of water, and breast or formula milk*

### Method

*With a food processor, grind the rice powder.*

*Bring some water to the boil, gradually add the ground rice powder and stir until rice powder is well cooked*

*Turn down the heat and let it simmer for 10 minutes max*

*Let it cool, and add in as much breast or formula milk*

### Storage

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