Ways To Include Brown Rice In Your Baby's Diet

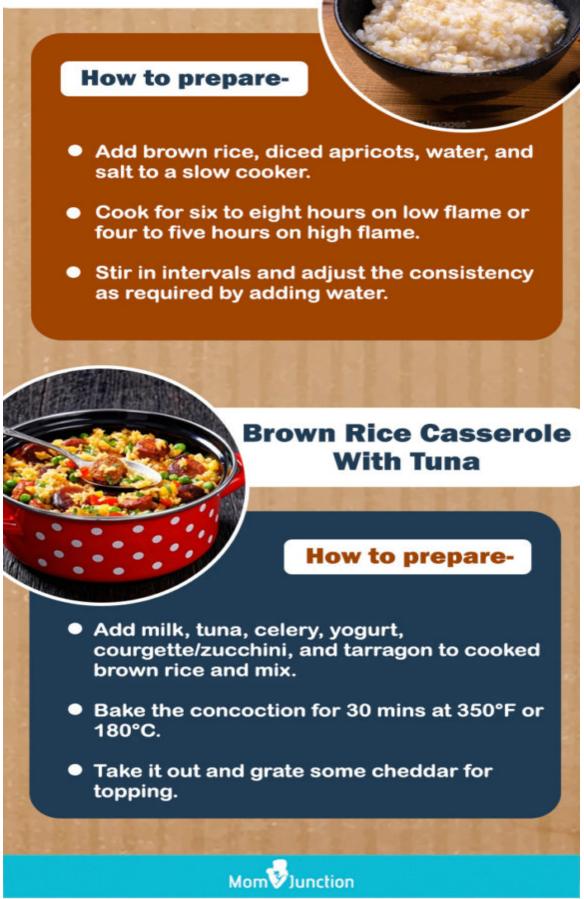


How to prepare-

- Soften some dried apricots by soaking them in water for an hour.
- Blend cooked brown rice, softened apricots, and ripe bananas until smooth.
- Add apple juice to adjust the texture, and top with a pinch of nutmeg.

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Source: https://www.momjunction.com/articles/best-brown-rice-recipes-for-your-baby_00109102/