



Ways To Include *Brown Rice* In Your Baby's Diet



Brown Rice Pudding Recipe

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.

Brown Rice Congee



How to prepare-

- Add brown rice, diced apricots, water, and salt to a slow cooker.
- Cook for six to eight hours on low flame or four to five hours on high flame.
- Stir in intervals and adjust the consistency as required by adding water.



Brown Rice Casserole With Tuna

How to prepare-

- Add milk, tuna, celery, yogurt, courgette/zucchini, and tarragon to cooked brown rice and mix.
- Bake the concoction for 30 mins at 350°F or 180°C.
- Take it out and grate some cheddar for topping.