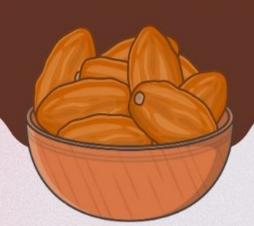
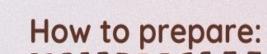


FOR YOUR BABY



Dates and rice porridge



- Soak the dates for an hour. Put them along with water into a blender.
- blender, pour some more water, and then blend them.

Add cooked rice to the

 Make the porridge thicker or thinner, by adjusting the quantity of water in it, according to your baby's preference.



How to prepare:

Soak the dried dates in

water for a few hours or overnight.

Transfer the dates and

- the water to the blender and add a chopped banana to it.
- Blend until the puree becomes uniformly thin. Once done, you may puree to your little one.





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