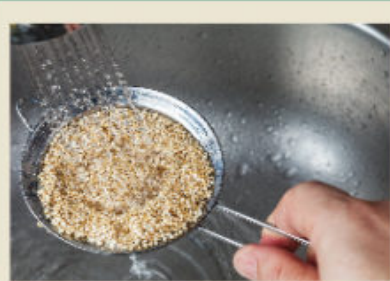




Easy Ways To Prepare Quinoa FOR BABIES

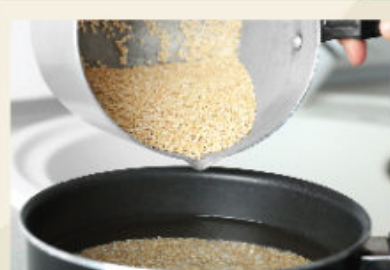
You may try any of the following methods to ward off the bitterness due to saponins in quinoa.



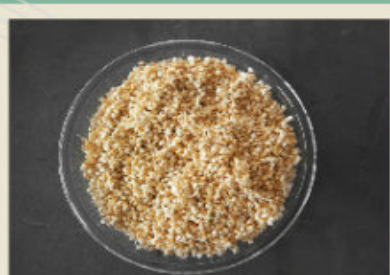
Rinse quinoa under running water by putting them in a fine-mesh strainer until bubbles disappear.



Add quinoa to a heated pan over a medium flame and stir until it turns golden brown.



Since it expands like rice, cook one cup with at least two to three cups of water.



Soak or sprout the quinoa in water for a few hours or overnight.



Buy pre-rinsed quinoa, preferably organic.



You may also prefer buying quinoa flour or flakes for babies but read its label and expiry date.