# **Sweet And Savory**

## Semolina Dishes

## **For Babies**



### 1. Semolina with banana



- 1. Heat some milk in a pot and add semolina while stirring.
- 2. Boil for 10 to 15 minutes and keep stirring.
- 3. Take it off the heat and add sugar for taste.
- 4. Add some mashed bananas, stir well, and serve.

## 2. Semolina pancakes



- 1. Soak the semoling in water and let it sit.
- 2. Finely chop some veggies.
- 3. Mix the veggies with the semolina and add a pinch of salt to make the batter.
- 4. Cook a dollop of the batter on a pan to make savory pancakes.

## 3. Apple semolina



- 1. Squeeze out some apples to have freshly pressed apple juice. 2. Add semolina, water, and apple juice to a
- pot and cook while stirring. 3. After the porridge thickens, add some milk
- or yogurt if your baby is older, and stir. 4. Serve after letting it cool off.



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