

EASY WAYS

To Cook Dates

FOR YOUR BABY



Dates and rice porridge



How to prepare:

- Soak the dates for an hour. Put them along with water into a blender.
- Add cooked rice to the blender, pour some more water, and then blend them.
- Make the porridge thicker or thinner, by adjusting the quantity of water in it, according to your baby's preference.



Dried dates and banana puree

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.

