



Healthy Ways To Eat Raisins During Pregnancy

Munch on a handful of raisins as a snack.



Eat soaked raisins (at least for an hour) in warm milk before having them.

Boil the raisins in water and consume the drink throughout the day in small amounts.



Mix raisins with nuts and dried apricots to make a healthy snack.

Mix raisins with pure honey and store them in a container. Have a teaspoon of this sweet treat every day.



You can also add raisins as toppings in your cereal, porridge, and other foods.

