



How To Choose And Cook **Lentils** For Your *Baby*

Selecting Lentils For Babies



Go for the packed or loose ones.

Spread them with your hands
and check for stones or debris.



Don't buy the canned lentils, as
they may make your baby gassy.

Cooking The Lentils

Rinse the lentils thoroughly
under running water.



Add three cups of water and one cup
of lentils to a pan and bring it to a boil.

Get the flame down and cover it with
a lid. Cook for 20 to 30 minutes.



If you want firmer lentils, cook
them for less time.

Note: Green lentils take 30 minutes to cook,
red lentils take 20 minutes and brown
lentils take the longest to cook.