

HOW TO MAKE RAGI PORRIDGE

INGREDIENTS:

1. RAGI POWDER.
2. MILK (NORMAL NANDINI MILK BLUE PACKET)
3. GHEE
4. JAGGERY
5. SALT.

METHOD OF PREPARATION:

- SOAK RAGI OVERNIGHT FOR SPROUT FORMATION IN A TIGHT CLOTH.
- DRY RAGI UNDER SHADE
- POWDER RAGI & SEIEVE IT IN FINE MUSLIN CLOTH TO GET A FINE RAGI POWDER AND STORE IT IN AIRTIGHT CONTAINER.
- TAKE MILK (15 ML) + WATER (15 ML) IN A BOWL , WHILE HEATING, ADD RAGI POWDER, 6-9 DROPS OF GHEE, A BIT OF JAGGERY AND SALT TO TASTE. BRING IT TO BOIL & COOL IT.
- FEED THE BABY WHEN THE MIXTURE IS WARM.
- FOLLOWING THE FEED MAKE THE BABY DRINK 5-6 TSP OF WATER
- IF IT'S THE FIRST WEANING FEED, TRY GIVING THIS WITH IN 12-2 PM

AFTER 2 WEEKS ADD ONE MORE FEED BETWEEN 4-6 PM

AFTER GIVING THE ABOVE MIXTURE FOR A WEEK, INCREASE THE CONTENT OF RAGI BY ½ TSP PER WEEK FOR THE SAME MIXTURE, SO THAT BY THE END OF ONE MONTH, THE BABY WILL BE EATING A SEMI SOLID RAGI PORRIDGE.