

HOW TO WEAN WITH KICHIDI & VEGETABLES

STEP 1

Boil the rice with FIVE times of water & make a thin pasty mixture.

Add 6-9 drops of ghee and salt to taste, mix well and feed this mixture to your baby between 12-2 pm.

Follow it with good amount of water.

GIVE THIS MIXTURE FOR A WEEK.

STEP 2

For the above mixture, add Dhal water (water which is used to boil Toor dhal), mix well & feed the baby. Give this mixture for 2nd week

STEP 3

For the above mixture, add boiled TOOR DHAL, mix well & feed the baby. Give this for the 3rd week.

STEP 4

For the above mixture, add vegetables like

RADDISH, CARROT, BEETROOT & KNOL KHOL,

mix & mash the mixture & feed the baby.

Alternate the following vegetables each day.

SO BY THE END OF 4 WEEKS, YOUR BABY WOULD BE EATING RICE, DHAL & VEGETABLES.

