

Ingredients

Quantity	Measure	Ingredients	Description
1	Teacup	Milk	
1	Teacup	Rice, Boiled (ukda chawal)	Cooked and soft
3	Tablespoon	Sugar	

Method

Mashed boiled rice with milk (similar to kheer):

This is a simple recipe to ensure that the child gets rice (for carbohydrates) and milk (for calcium). Mix 1 cup of boiled rice with 1 cup of milk and 3 tablespoons of sugar. Cook it on the gas for 10 minutes (keep stirring) and allow the mixture to thicken. Cool and serve lukewarm. You can also add badaam (almonds) scapings and elaichi powder for taste.