

Ingredients

Quantity	Measure	Ingredients
1	Tablespoon	Ghee
1/2	Teaspoon	Mustard Seed
1/2	Teacup	Rava/Soji/"Semolina"

Method

You will require ½ cup of suji, 1 tablespoon on oil, mustard seeds, onions (optional), boiled and diced vegetables (optional) and buttermilk (optional). You can also add other vegetables for taste and nutrition, such as onions, peas and carrots. First saute mustard seeds, onions and boiled vegetables (optional) in oil. Then add suji and lightly fry for a few minutes. Once brown, you can add either 1 glass of water or 1 glass of butter milk (make sure it is not very sour) and keep stirring. Once well cooked, remove from gas, season with corriander leaves and serve warm. Remember that upma becomes lumpy very quickly, so make only when the child is ready to eat. Reheating upma ruins the consistency.

http://www.indiaparenting.com/diet/data/diet16_03.shtml