

# Tummy Delight

## Ingredients

- 1 1/4 cups** water
- 1/2 cup** brown rice powder
- 12** prunes (dried plums)

## Directions

1. Place the water in a large pot and bring to a boil over high heat.
2. Using your whisk, stir in the rice powder and prunes.
3. Turn the heat down to medium and whisk constantly for 10 minutes. Allow to cool slightly.
4. Puree in a food processor or blender, adding breast milk or water as needed to achieve the desired consistency.

