

Healthy Sago Porridge (Sau Kenda) for Babies

Warm, gentle & easy homemade baby-friendly recipe

Baby Friendly | Easy | Gentle



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Prep Time: 10 mins
Cook Time: 10–15 mins
Servings: 2–3
Difficulty: Easy

Warm, gentle, and easy to digest, this Sri Lankan sago porridge (sau kenda) is a simple homemade recipe.

From my experience, keeping the consistency smooth makes it easier for babies to enjoy.

Ingredients

- Sago (tapioca pearls)
- Water
- Coconut milk
- Pinch of salt
- Jaggery or dates (optional)

Step 1

Prepare the ingredients

- Wash the sago well
- Soak for a short time
- Prepare coconut milk



Make sure the sago is cleaned well before cooking for a better texture.

Step 2

Cook the sago

- Add sago to water
- Cook while stirring continuously
- Let it become soft and slightly thick



Keep stirring to prevent lumps and sticking at the bottom.

Step 3

Add coconut milk & finish

- Add coconut milk to the cooked sago
- Stir gently until smooth
- Add jaggery or dates if using
- Adjust thickness as needed



Add coconut milk towards the end to keep the flavor fresh and smooth.

Ready to Serve

Smooth, warm & comforting

- Let it cool slightly before serving
- Serve warm for best taste
- Adjust thickness if needed



Make sure the temperature is safe before feeding babies.

Cooking tips

Keep the texture smooth
Avoid very thick consistency
Use fresh ingredients
Stir continuously while cooking

Baby Safety Tips

Always check temperature before feeding
Introduce new foods slowly
Watch for allergies
Adjust ingredients based on baby's age

Conclusion

This simple sago porridge is gentle, nourishing, and easy to prepare at home.

From my experience, it works well as a light and comforting meal for babies.

Always adjust the ingredients and consistency based on your baby's needs.

If this recipe helped you, don't forget to share it with other parents