

Zaman Kanak-Kanak

Sarapan pagi



RESEPI

Bubur Ikan & Sayuran

Ramuan

15g lobak merah

10g saderi

10g isi ikan

150ml air suam

20g Bijirin Bayi Cerelac Beras dan Soya

Langkah penyediaan

10 minit

PENYEDIAAN

20 minit

MEMASAK

30 minit

JUMLAH MASA

Cooking Instructions

- 1. In a saucepan, boil carrot, celery and fish meat until softened, then puree.**
- 2. Then stir in pureed vegetables in warm water and add Cerelac Infant Cereal Rice and Soya.**
- 3. Serve immediately.**

Nutrition count per serving

Energy : 47 Kcal

Protein : 2g

Fat : 1g

Carbohydrates : 7g

Good To Know

Fish is a good source of protein

Good To Remember

Protein is important for growth and development in growing up children



Perkembangan Si Manja

Produk

BIJIRIN BAYI CERELAC® BERAS & SOYA

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Rasa dan tekstur adalah penting bila anda mula memperkenalkan makanan pejal kepada si manja anda yang berumur 6 bulan ke atas.

Know more

Beli sekarang