

Perkembangan Si Manja

Brunch



RESEPI

Bijirin Bunga Kobis & Ikan

Ramuan

5 sudu besar CERELAC Beras dengan soya

40g bunga kobis

25g Ikan Merah

200ml air suam (40°C)

Langkah penyediaan

5 minit

PENYEDIAAN

20 minit

MEMASAK

25 minit

JUMLAH MASA

Cooking Instructions

- 1. Blanch or steam the fish and cauliflower until cooked and tender.**
- 2. Then in processor grind the fish and cauliflower until it turns smooth.**
- 3. In a bowl combine all ingredients, stir well and serve immediately.**

Nutrition count per serving

Energy: 334 kcal

Carbohydrates: 56g

Protein: 13g

Fat: 6.9g

Good to Know

Cauliflower is a good source of vitamin C that helps your child to enhance absorption of iron.

Good to Remember

Small tummies need big nutrition, with the right balance of nutrition and energy required. Every serving of CERELAC can help to provide nutrients to support your child's growth and development.



Perkembangan Si Manja

Produk

BIJIRIN BAYI CERELAC® BERAS & SOYA

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0 reviews

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