

Zaman Kanak-Kanak

Brunch



RESEPI

Kek Pisang & Kurma

Ramuan

50g mentega

50g madu

1 sudu besar kurma, dipotong (biji dibuang)

100g pisang, dilecek

100g Bijirin Bayi CERELAC Gandum, Madu & Kurma

Langkah penyediaan

15 minit

PENYEDIAAN

15 minit

MEMASAK

30 minit

JUMLAH MASA

Cooking Instructions?

1. In a saucepan, melt butter with honey until dissolved.
2. Remove from stove, stir in dates and banana.
3. Stir in CERELAC and mix well.
4. Bake in preheated 180°C oven for 15 minutes or until lightly brown.
5. Remove from oven, cut into slices and let it cool.

Nutrition count per serving

Energy: 46 kcal

Protein: 1g

Fat: 2g

Carbohydrates: 6g

Good to Know

Babies 8-12 months require an intake of 700 kcal every day.

Good to Remember

It is recommended that they should have about 300 kcal intake from complementary foods every day.

Maklumat nutrisi

- Calories
100kcal