

Toddlerhood

Breakfast



RECIPE

Traffic Light Scramble Eggs

This quick dish is easy to make and full of nutritional value from veggies. It's sure to make your morning better!

Ingredients

A:

2 eggs, lightly beaten

1 tablespoon chopped onion

1 tablespoon chopped green pepper

1 tablespoon chopped red pepper

1 tablespoon chopped yellow pepper

30g CERELAC Infant Cereal Rice and Mixed Vegetables

5 tablespoon milk

B:

1 tablespoon cooking oil or butter salt to taste, optional

Step by step

10 mins

PREPARATION

10 mins

COOKING

20 mins

TIME TOTAL

Cooking Instructions

- 1. In a bowl, mix well ingredients A.**
- 2. Heat oil and pour in ingredients A mixture.**
- 3. Stir over low heat until eggs creamy and cooked.**
- 4. If desired spoon scramble egg on toasted bread.**



Weaning

Product

CERELAC® INFANT CEREAL RICE & MIXED VEGETABLES

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0 reviews

'Eat your vegetables!' is one of those phrases you'll probably be saying throughout your child's early life.

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