

Weaning

Snack



RECIPE

Honey Mango Banana Smoothie

Makes for a quick healthy breakfast, and only requires 5 simple ingredients! Simple yet full of flavour in a go to drink.

Ingredients

200ml water

30g CERELAC Infant Cereal Wheat and Honey

50g banana

50g ripe mango

Step by step

10 mins

PREPARATION

5 mins

COOKING

15 mins

TIME TOTAL

Cooking Instructions

1. In a blender, mix all ingredients.
2. Blend well and serve immediately.

Nutrition count per serving

Energy: 28 kcal

Protein: 1g

Fat: 0.5g

Carbohydrates: 5g

Good To Know

Mangoes are a good source of beta carotene and vitamin C. It is also low in calories and high in fibre.

Good To Remember

When buying a mango look for one with flesh that yields slightly when gently pressed and with an orange or reddish skin.