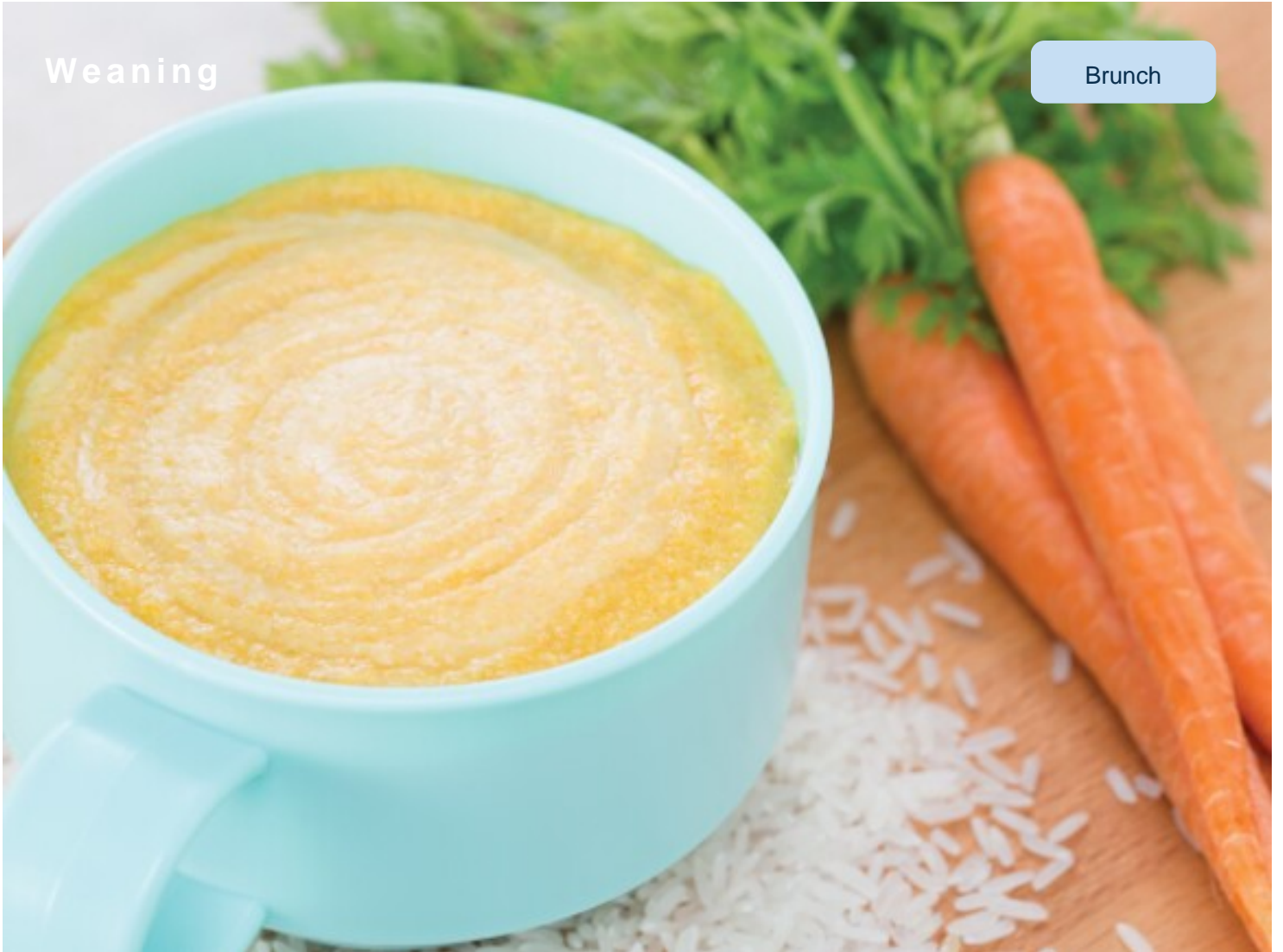


Weaning

Brunch



RECIPE

Carrot Rice & Chicken Cereal

It also happens to be delicious, and a family favourite among even the pickiest of kids.

Ingredients

5 Tablespoon CERELAC Rice & Chicken

50g carrot

15g chicken meat

150ml warm water (40°C)

Step by step

10 mins

PREPARATION

20 mins

COOKING

30 mins

TIME TOTAL

Cooking Instructions

1. Steam or boil carrot until tender and grind with warm water until it turn smooth.
2. Add CERELAC Rice & Chicken into a bowl.
3. In a bowl combine all ingredients, stir well and serve immediately.

Nutrition count per serving

Nutrition count per serving

Energy: 348 kcal

Carbohydrates: 52g

Protein: 16g

Fat: 8.3g

Good to Know

Cooked carrot is sweet and creamy, a good choice for your toddler diet.

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.