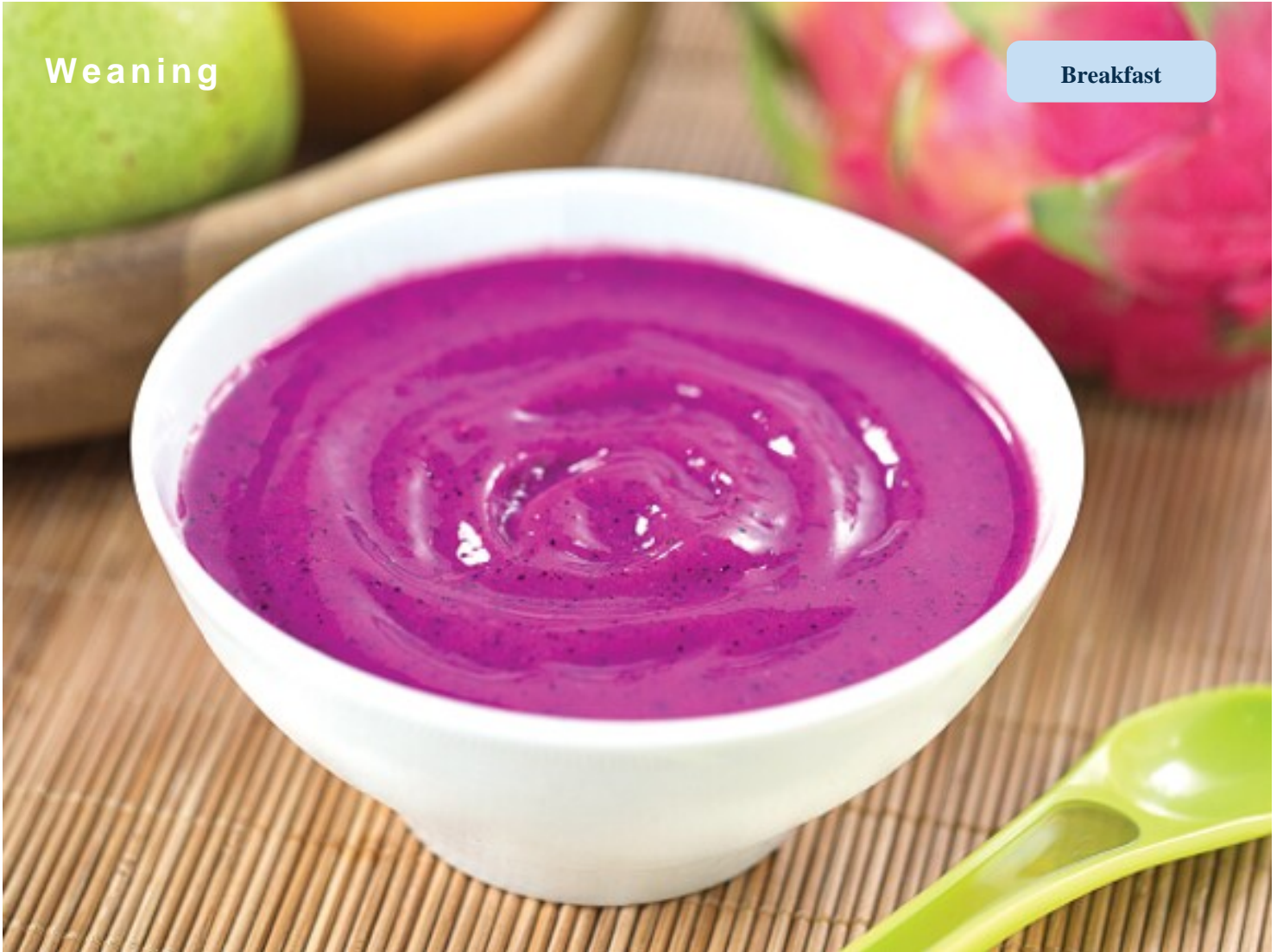


Weaning

Breakfast



RECIPE

## Rice & Mixed Fruits Cereal

**This delicious dish is made with either white or brown rice. You may substitute pears with peaches, as well.**

# Ingredients

**5 tablespoons CERELAC Rice & Mixed Fruits.**

**70g pear.**

**60g dragon fruit.**

**100ml warm water (40° C).**

## Step by step

**5 mins**

**PREPARATION**

**5 mins**

**COOKING**

**10 mins**

**TIME TOTAL**

## Nutrition count per serving

**Energy: 384 kcal**

**Carbohydrates: 66g**

**Protein: 13g**

**Fat: 8g**

**Good to Know**

**Pear and dragon fruit provide the natural sweetness and soft texture that toddlers love.**

**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.**



Weaning

Product

## CERELAC® INFANT CEREAL RICE & MIXED FRUITS

0

0 reviews

Once your little one has learned how to take solid food, their palates are ready to explore new tastes and textures!

Know more

Buy now