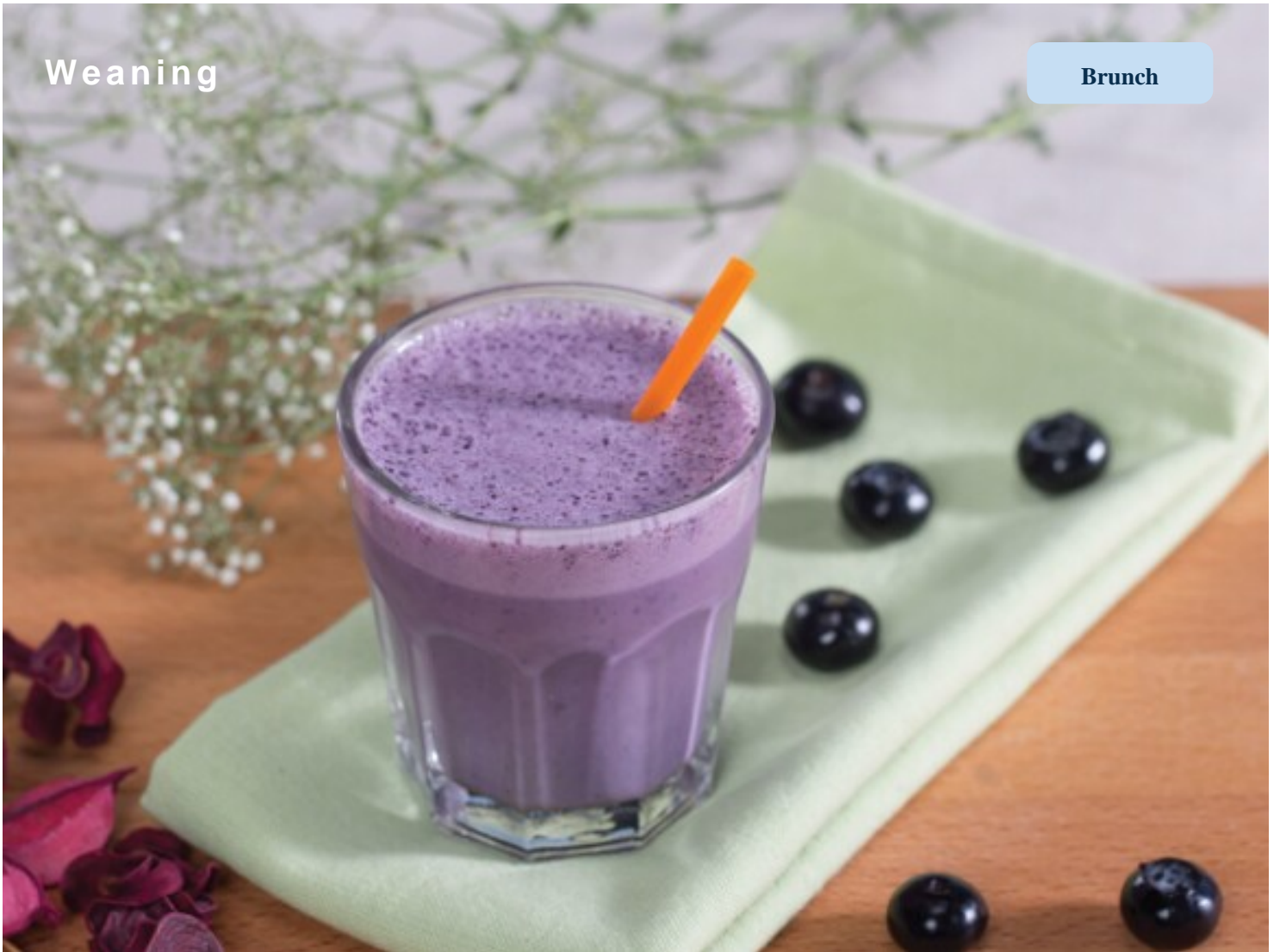


Weaning

Brunch



RECIPE

Blueberry Smoothie

It's cold, creamy, nutritious and delicious. Get ready to crave this smoothie in the morning and it will keep you going until lunch. What more can you hope for in a smoothie?

Ingredients

150ml milk

½ cup frozen blueberry

¼ cup apple juice

**3 tablespoon CERELAC Infant Cereal Wheat with Honey
crushed ice, optional**

Step by step

5 mins

PREPARATION

5 mins

TIME TOTAL

Cooking Instructions

- 1. In a blender, add all ingredients.**
- 2. Blend until smooth and serve immediately**

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Nutrition count per serving

Energy: 84 kcal

Protein: 1g

Fat: 1.3g

Carbohydrates: 17g

Good to Know

Fresh fruits and juices are a better choice for your baby compared to canned fruits and juices.

Good to Remember

Babies 6 – 8 months are recommended to eat ¼ slice of cut fruits (eg: papaya or apple) every day.



Weaning

Product

CERELAC® INFANT CEREAL WHEAT & HONEY

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0 reviews

At around 6 months, it's time to introduce your little one to solids!

Know more

Buy now