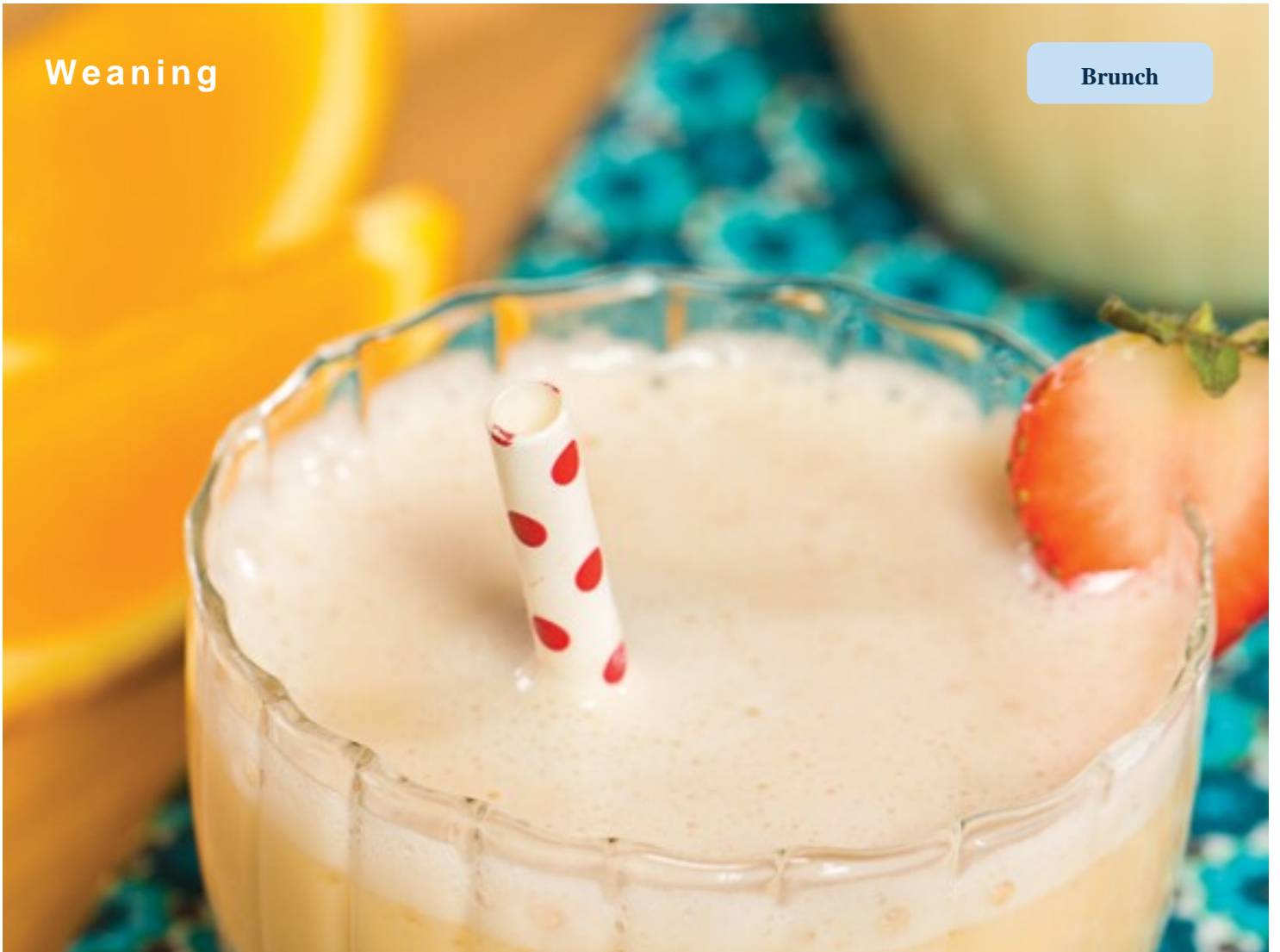


Weaning

Brunch



RECIPE

## Mixed Fruit Cereal Smoothie

**Fruit and Cereal Smoothie is one such healthy beverage, which combines the goodness of milk with freshness of the season's fruits. Since it requires only a few ingredients, it is an easy beverage and doesn't require much effort. With the sweetness of bananas, apples, honey and tanginess of the strawberries, this**

fruity beverage is not only filling for the stomach but also satiates your soul.

## Ingredients

**1 banana**

**½ cup apple juice**

**½ cup orange juice**

**50g CERELAC Infant Cereal Wheat & Honey**

**200ml cold milk**

**½ cup ice cubes**

## Step by step

**10 mins**

**PREPARATION**

**10 mins**

**TIME TOTAL**

## Cooking Instructions

- 1. Place all ingredients in a blender.**
- 2. Blend for 30 seconds or until smooth.**
- 3. Pour into glasses and serve.**

## Nutrition count per serving

**Energy: 405 kcal**

**Protein: 7g**

**Fat: 1g**

**Carbohydrates: 92g**

**Good to Know**

**Milk is a good source of calcium aids in the development of strong bones and teeth.**

**Good to Remember**

**Blend the fruits evenly to prevent choking hazard and facilitate better digestion.**



**Weaning**

**Product**

**CERELAC® INFANT CEREAL WHEAT & HONEY**

**0**

**0 reviews**

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

**Know more**

**Buy now**