

Apple Mango with Carrots



Ingredients:

- 5 tbsp. of CERELAC Brown Rice & Milk
- 2/3 cup distilled water
- 1 small carrot
- 1 small apple
- 1 small yellow mango, set aside

How to prepare:

1. Hugasan ang carrot, mango at apple nang mabuti bago balatan at hatiin into small pieces (about 2 cm).
2. Steam the carrot and apple for 5 minutes.
3. Blend the apple, carrot and ripe mango. Pwedeng gumamit ng blender or i-mash gamit ang spoon.
4. In a bowl, add 5 tbsp. of CERELAC Brown Rice & Milk and pour 2/3 cup water. Stir until the cereal is smooth.
5. Put the blended fruit mixture on top of CERELAC then serve.
6. Store the remaining blended fruits in the refrigerator for next serving.

*Sources: ¹Food and Nutrition Research Institute-Department of Science and Technology. Food Exchange Lists for Meal Planning. FNRI Publication No. 57-ND8(3). 2012 ²Food and Nutrition Research Institute. (1997). The Philippine food composition tables 1997. Manila: Department of Science and Technology, Food and Nutrition Research Institute.



Recipe brought to us by:

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