

Avocado & Egg Puree



Ingredients:

- 5 tbsp. of CERELAC Rice & Soya
- 1 ripe avocado
- 1 egg
- 2/3 cup of lukewarm water

How to prepare:

1. Pakuluan ang itlog hanggang maging hard-boiled.
2. After boiling, separate the yolk from the egg white.
3. Mash the egg yolk and avocado. Pwede rin gumamit ng blender para mas madaling makain ni bulilit.
4. In a bowl, add 5 tbsp. of CERELAC Rice & Soya and pour 150 ml water. Stir until the cereal is smooth.
5. Add the mashed/pureed avocado & egg yolk to the bowl of Cerelac.
6. Mix well and serve.

*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.

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