

Cerelac Omelette



Ingredients:

- 5 tbsp. of CERELAC Rice & Soya
- 1 pc. Egg Yolk
- 1 pc. Small carrot
- 1 cup Malunggay Leaves
- 2/3 cup water

How to prepare:

1. Hugasan nang mabuti ang carrots.
2. Peel the carrot and cut it into cubes. Set aside.
3. I-boil ang itlog for 3-5 minutes. Balatan, cut it into half then remove the egg yolk.
4. Boil the carrot together with the malunggay leaves until soft.
5. Put the carrot into a bowl at i-mash using a fork.
6. Add the egg yolk at i-mash muli.
7. In a bowl, add 5 tbsp. of CERELAC Rice & Soya. Ihalo dito ang sabaw na pinagpakuluan ng vegetables. Stir.
8. Add the mashed carrots and egg yolk. Mix well until smooth.

*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:

Mommy Rhea Fernandez Tobias