

# Apple with Malunggay



## Ingredients:

- 5 tbsp. of CERELAC Chicken & Vegetables
- 2/3 cup distilled water
- 1/2 slice of apple (small)
- 1 tsp of malunggay leaves.

## How to prepare:

1. Hugasan nang mabuti ang apple at malunggay leaves.
2. Slice the apple into thin strips.
3. I-mash gamit ang fork.
4. Boil the malunggay leaves for 1 minute.
5. Hanguin ang malunggay leaves at i-mash.
6. In a bowl, add 5 tbsp. of CERELAC Chicken & Vegetables and pour 2/3 cup water. Stir until the cereal is smooth.
7. Ilagay ang mashed apple at malunggay leaves sa bowl ng CERELAC.

\*Sources: <sup>1</sup>Food and Nutrition Research Institute-Department of Science and Technology. Food Exchange Lists for Meal Planning. FNRI Publication No. 57-ND8(3). 2012 <sup>2</sup>Food 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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