

# Banana Carrot with Egg

## Ingredients:

- 1 pc. Egg
- 1 pc. Carrot
- 1 pc. Banana
- 5 tbsp. of CERELAC  
Brown Rice & Milk
- 2/3 cup distilled water

## How to prepare:

1. Hugasan ang carrot nang mabuti.
2. Ilaga ang carrot hanggang lumambot ito.
3. In a separate pan, fry the egg.
4. Hiwain into small slices ang carrot at itlog.
5. In a bowl, add 5 tbsp. of CERELAC Brown Rice & Milk and pour 2/3 cup water. Stir until the cereal is smooth.
6. Ihalo ang egg at carrot sa CERELAC.
7. Maghiwa ng saging at ilagay rin sa bowl.
8. Make the presentation colorful para enjoy si bulilit!

\*Sources: 'Food and Nutrition Research Institute-Department of Science and Technology. Food Exchange Lists for Meal Planning. FNRI Publication No. 57-ND8(3). 2012 'Food 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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Concepcion*