

Carrot and Egg Porridge



Ingredients:

- 5 tbsp. of CERELAC Brown Rice & Milk
- 2/3 cup of Am/Boiled rice water
- 1/2 of small Hard Boiled Egg
- 1/2 of a small Carrot

How to prepare:

1. Hugasan nang mabuti ang carrot bago balatan.
2. Pakuluan ang egg at carrot hanggang maluto.
3. Balatan ang boiled egg.
4. Mash 1/2 of the egg and carrot using a fork.
5. In a bowl, add 5 tbsp. of CERELAC Brown Rice & Soya and pour 2/3 cup of boiled rice/AM rice. Stir until the cereal is smooth.
6. Ihalo ang mashed carrot at egg sa bowl.

*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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