

Cerelac Hotcake

Ingredients:

- 1 medium-sized egg
- 2 tbsp Canola oil
- 1/2 cup Milk
- 1/8 cup Water
- 200 g Hotcake mix
- 1/4 cup (30 g) CERELAC Wheat Banana & Milk

How to prepare:

1. In a bowl, beat the egg slightly. Ilagay ang oil, milk at tubig at ihalo ang hotcake mix and CERELAC Wheat Banana & Milk. Stir them all until there are no lumps (but do not over mix).
2. Put a slightly greased nonstick pan over medium heat.
3. Magbuhos ng 1/4 to 1/3 cup batter sa pan at lutuin hanggang maging bubbly. Turn over to cook the other side. Pwede rin gumamit ng squeeze bottle para makagawa ng different shapes or sizes for your little one.
4. Serve with fresh banana slices and syrup, honey or jam. Enjoy!

*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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