

Cereputo

Ingredients:

- 1 cup of CERELAC Wheat Banana & Milk
- 3 cups All-purpose flour
- Cheese
- 1/2 cup Sugar
- Pinch of Yeast
- 1 cup Fresh Buko Juice

How to prepare:

1. In a bowl, mix CERELAC Wheat Banana & Milk with flour.
2. Add buko juice gradually hanggang ma-dissolve ang powder.
3. Add sugar and mix thoroughly. (Cup of sugar depends on your taste.)
4. Add a pinch of yeast.
5. Place the dough in a molder
(you may customize your molder to make it more fun).
6. Cut cheese into thin strips and place it on top of your puto.
7. Steam for about 25 mins.
8. Voilà! Your CEREPUTO cheese is ready to be served!

*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.



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