

# Banana Jelly Time

## Ingredients:

- 2 pcs. Banana (Lakatan)
- 1 cup of Distilled Water (for jelly mixture)
- 5 g of any white jelly powder mix
- 5 tbsp. of CERELAC Mixed Fruits & Soya

## How to prepare:

1. Peel the banana and mash it using a fork.
2. In a bowl, add 5 tbsp. of CERELAC Mixed Fruits & Soya and pour 150 ml water. Stir until the cereal is smooth. Set aside.
3. Pour 1 cup of distilled water in a pot (huwag munang sindihan ang stove) and gradually sprinkle 5 g of jelly powder. Haluin nang tuloy-tuloy hanggang ma-dissolve ang powder.
4. Turn on the heat and continue stirring hanggang malapit nang kumulo ang jelly.
5. Ilagay ang CERELAC at banana sa pot. Stir well.
6. Tanggalin sa pot at ibuhos ang jelly sa mold.

\*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.



Recipe brought to us by:

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