

Banana Puree



Ingredients:

- 1 Banana
- 1 Apple
- 5 tbsp. of CERELAC Mixed Vegetables & Soya
- 2/3 cup distilled water

How to prepare:

1. Hugasan ang apple nang mabuti.
2. Peel the banana and apple.
2. Cut the fruits into small pieces.
3. Ilagay sa pan at lagyan ng kaunting tubig. Boil until soft.
4. Mash the boiled banana and apple hanggang maging smooth ang consistency.
5. In a bowl, add 5 tbsp. of CERELAC Mixed Vegetables & Soya and pour 2/3 cup ng pinagpakuluan ng fruits. Stir until the cereal is smooth.
6. Mix the mashed fruits with CERELAC.
7. Serve and 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:

Mommy Bhosx Unica Locca