







little foodies

# Blueberry Biscuits



|   |                   |  |                   |
|---|-------------------|--|-------------------|
|  Serves  | <b>4</b>          |  Total Time | <b>15</b> minutes |
|  Cooking | <b>10</b> minutes |  Prep       | <b>5</b> minutes  |











**8+**  
months

**IMPORTANT NOTICE:** We believe that breastfeeding is the ideal nutritional start for babies and we fully support the World Health Organization's recommendation of exclusive breastfeeding for the first six months of life followed by the introduction of adequate nutritious complementary foods along with continued breastfeeding up to two years of age. We recommend that you speak to your health care professional about how to feed your baby and seek advice on when to introduce complementary feeding.



# Blueberry Biscuits

## Ingredients

|  |   |  |   |
|--|---|--|---|
| <br><b>1 SACHET</b><br>CERELAC® FRUIT PUREE<br>(BANANA, APPLE, PEAR & ORANGE) | <br><b>30G</b><br>CERELAC® WHEAT & DATES<br>PIECES (8 MONTHS+) | <br><b>1 TBSP</b><br>VEGETABLE OIL  | <br><b>1</b><br>EGG YOLK   |
| <br><b>1 TBSP</b><br>FLOUR  | <br><b>1/4</b><br>CUP BLUEBERRIES                              | <br><b>1/2 TSP</b><br>BAKING POWDER | <br><b>2 TBSP</b><br>WATER |
| <br><b>1/2 TSP</b><br>VANILLA, (OPTIONAL)                                     | <br>PINCH OF CINNAMON,<br>ALSO (OPTIONAL)                      |  |   |

## Step by step

1. POUR ALL THE INGREDIENTS INTO A FOOD PROCESSOR (OR BLENDER) AND MIX UNTIL SMOOTH.
2. PLACE THE BAG IN A CUP AND EMPTY THE MIX INTO A SEALABLE BAG AND CLOSE.
3. CUT THE BAG IN A CORNER AND SQUEEZE RING SHAPES ON A TRAY LINED WITH BAKING PAPER.
4. BAKE IN A PREHEATED OVEN AT 180 DEGREES °C FOR 10 MINUTES AND THEN AT 150 DEGREES °C FOR 10 MINUTES.
5. ONCE COOLED, THEY CAN BE STORED IN A CLOSED JAR FOR 5 DAYS.

NB: Make sure to supervise your little foodie during feeding time and you can cut or shape the dish conveniently to his/her needs.

|  |  |   |
|--|--|---|
|  <b>30G CERELAC®</b><br>Wheat & Dates<br>Pieces (8 months+)<br>For Iron Fortification |  <b>Egg Yolk</b><br>Vitamin A |  <b>Ripe Banana</b><br>Potassium |
|--|--|---|