



# Lentil Soup



Serves	<b>3</b> Foodies	Total Time	<b>75</b> minutes
Cooking	<b>60</b> minutes	Prep	<b>15</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.



# Lentil Soup

## Ingredients

 <b>30G</b> CERELAC® RICE (6 MONTHS+)	 <b>1/4</b> GARLIC CLOVE, MASHED	 <b>1/8</b> SMALL ONION, FINELY CHOPPED	 <b>1TSP</b> VEGETABLE OIL
 <b>1TSP</b> TOMATO (25G), PEELED AND CHOPPED	 <b>1TSP</b> BUTTERNUT SQUASH (25G), CHOPPED	 <b>1CUP</b> OF WATER	 <b>2TSP</b> RED LENTILS (50G)
 <b>1</b> LEMON FOR SERVING (OPTIONAL)	 PINCHES OF TURMERIC, BLACK PEPPER, CUMIN TO TASTE (OPTIONAL)		

## Step by step

1. WASH AND SOAK THE LENTILS FOR 30 MINUTES, THEN DRAIN AND SET ASIDE.
2. CHOP THE ONION AND BUTTERNUT SQUASH. PEEL AND CHOP THE TOMATO. MASH THE GARLIC.
3. IN A SMALL POT, FRY THE ONION AND GARLIC IN THE OIL UNTIL TRANSLUCENT.
4. THEN ADD THE LENTILS, TOMATO, BUTTERNUT SQUASH, WATER, AND SPICES (IF USING) AND MIX WELL.
5. BRING THE MIXTURE TO A BOIL.
6. THEN COVER AND SIMMER FOR 1 HOUR UNTIL THE LENTILS ARE COOKED THROUGH.
7. TOWARDS THE END, ADD CERELAC INFANT CEREALS AND CONTINUE COOKING FOR 1 MINUTE.
8. SQUEEZE SOME LEMON BEFORE SERVING.

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® Rice (6 months+)</b> For Iron Fortification	<b>Tomato</b> Vitamin C	<b>Red lentils</b> Protein	<b>Butternut Squash</b> Vitamin A
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