



Veggie Muffins



Serves	10	Total Time	33 minutes
Cooking	18 minutes	Prep	15 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.



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Ingredients

 50G CERELAC® WHEAT AND HONEY (6 MONTHS+)	 1 CUP DICED VEGETABLES (PEAS, CORN, ZUCCHINI, BELL PEPPER)	 1 TSP VEGETABLE OIL FOR COOKING THE VEGGIES	 1 EGG YOLK
 1/2 CUP OF MILK	 1/8 CUP OF VEGETABLE OIL	 3/4 CUP SHREDDED CHEESE	 1 TBSP YOGURT (32G)
 3/4 CUP OF FLOUR	 1 TSP BAKING POWDER		

Step by step

1. PREHEAT THE OVEN TO 180°C.
2. CHOP THE VEGETABLES AND COOK IN A PAN WITH 1 TSP. OF OIL UNTIL SOFT AND TENDER. LEAVE ASIDE TO COOL.
3. IN A BOWL, ADD THE YOLK, MILK, OIL, AND YOGURT. MIX WITH A WHISK.
4. ADD THE CERELAC, FLOUR, BAKING POWDER AND MIX AGAIN.
5. FINALLY, MIX IN THE CHEESE AND VEGETABLES.
A. IF THE BATTER IS TOO STICKY, YOU CAN ADD A LITTLE MILK.
6. SCOOP THE MIX INTO AN OILED (NON-STICK) MUFFIN TIN AND BAKE IN A PREHEATED OVEN AT 180°C FOR 16-18 MINUTES.

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

50G CERELAC® Wheat & Honey (6 Months+) For Iron Fortification	Diced Vegetables Fiber	Egg Yolk Vitamin A	Shredded Cheese Calcium
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