



Kids
little foodies

Apple Avocado Muffins



Serves

12

foodies



Total Time

60

minutes



Cooking

15

minutes



Prep

45

minutes

IMPORTANT NOTICE: We believe that breastfeeding is the ideal nutritional start for babies and we fully support the World Health Organizations 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.

3+
years



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Ingredients



1/2 CUP
CERELAC® KIDS
FOR IRON FORTIFICATION



1 CUP
ALL-PURPOSE
FLOUR



1TSP
BAKING POWDER



1/2TSP
BAKING SODA



1/2TSP
CINNAMON



1
LARGE EGG



1TSP
VANILLA EXTRACT



1/2
CUP MILK



1 AVOCADO, MASHED



3TBSP
OIL



4TBSP
HONEY



1 GREEN APPLE

Step by step

1. PREHEAT OVEN TO 200°C, PEEL AND DICE AN APPLE FINELY.
2. MIX ALL THE DRY INGREDIENTS: CERELAC KIDS, FLOUR, BAKING POWDER, BAKING SODA, AND CINNAMON TOGETHER IN A BOWL. IF YOU LIKE, YOU CAN RESERVE SOME CERELAC KIDS FRUIT CRUNCHIES FOR TOPPING THE MUFFINS.
3. MASH A RIPE AVOCADO REALLY WELL. ADD ALL THE WET INGREDIENTS TO IT: THE EGG, VANILLA, OIL, MILK, AND HONEY. MIX THEM TOGETHER WITH A WHISK, THEN FOLD IN THE DRY INGREDIENTS.
4. FINALLY, ADD IN THE DICED APPLE AND SPOON INTO A MUFFIN TIN LINED WITH MUFFIN CUPS. TOP WITH THE CERELAC KIDS FRUIT CRUNCHIES IF DESIRED.
5. BAKE AT 200°C FOR 5 MINUTES, REDUCE HEAT TO 180°C AND BAKE FOR 10 MINUTES OR UNTIL A SKEWER COMES OUT CLEAN.



75G CERELAC® Kids
Multicereals & Fruits
(3 years+)
For Iron Fortification



Green
Apple
Fiber



Avocado
Calcium



Egg Yolk
Vitamin A