



Kids  
little foodies



Berry  
Ice Cream



Serves

4

foodies



Total Time

15

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



# Berry Ice Cream

## Ingredients



**50G**  
CERELAC® KIDS  
FOR IRON FORTIFICATION



**2**  
FROZEN  
BANANAS



**1/2 CUP**  
FROZEN BERRIES



**80G**  
YOGURT



**1/4 TSP**  
VANILLA EXTRACT

## Step by step

1. RUN THE CERELAC KIDS THROUGH A SIEVE TO SEPARATE THE POWDER AND THE PIECES. SET ASIDE.
2. IN A FOOD PROCESSOR, ADD THE FROZEN BANANA PIECES AND FROZEN BERRIES. PROCESS UNTIL THEY BECOME FINE PIECES.
3. ADD THE CERELAC KIDS, POWDER, YOGURT, AND VANILLA EXTRACT. CONTINUE PROCESSING UNTIL THE MIXTURE BECOMES CREAMY. DO NOT OVERPROCESS.
4. SERVE IMMEDIATELY AND TOP WITH THE CERELAC KIDS FRUIT CRUNCHIES IF DESIRED.

## Note

1. PREPARE THE FROZEN BANANAS THE DAY BEFORE BY CUTTING RIPE BANANAS INTO SLICES AND FREEZING THEM IN FREEZER BAGS OVERNIGHT. FOR BEST RESULTS, FREEZE FLAT SO THE BANANA PIECES DON'T TOUCH. DON'T TAKE THE FROZEN BANANAS OUT OF THE FREEZER BEFOREHAND, ONLY LAST MINUTE.
2. YOU CAN SUBSTITUTE THE FROZEN BERRIES FOR REGULAR BERRIES, OR FOR FROZEN/ REGULAR MANGOES.



50G CERELAC® Kids  
Multicereals &  
Fruits (3 years+)  
For Iron Fortification



Banana  
Potassium



Berries  
Fiber



Yogurt  
Calcium