



Kids
little foodies

Broccoli & Sweet Potato Fingers



Serves

12 foodies



Total Time

30 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



Broccoli & Sweet Potato Fingers

Ingredients



1/2 CUP
CERELAC® KIDS
FOR IRON FORTIFICATION



80G
BROCCOLI



90G
SWEET POTATO



1
LARGE EGG



40G
MOZZARELLA CHEESE,
SHREDED



1/2TSP
OREGANO



1/2TSP
PAPRIKA



1/2TSP
SALT



PINCH
OF GARLIC POWDER



1TSP
OIL

Step by step

1. IN A FOOD PROCESSOR, ADD THE BROCCOLI AND SWEET POTATO PIECES AND PROCESS TILL THE PIECES ARE SMALL.
2. ADD THE VEGETABLES TO A BOWL. ADD THE CERELAC KIDS, EGG, SHREDED CHEESE, SALT AND SPICES. MIX ALL WITH A SPOON (OR BY HAND) UNTIL THE MIXTURE COMES TOGETHER.
3. HEAT LITTLE OIL IN A PAN AND SHAPE INTO SMALL FINGERS. COOK ON ONE SIDE AND THEN FLIP TO COOK ON THE OTHER.

Note

ALTERNATIVELY, YOU CAN AIR-FRY THE FINGERS OR POP THEM INTO THE OVEN.



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



Egg Yolk
Vitamin A



Sweet Potato
Iron



Broccoli
Calcium