MAINS

RICE CEREAL WITH SPINACH AND EGG YOLK

6 – 9 MONTHS

INGREDIENTS (Makes 2 baby portions)
- 6 level tbsp infant rice cereal
- 160ml breast/formula milk
- 5 pieces of spinach leaves
- ½ egg yolk

METHOD:
- Wash the spinach and soak in water for 1 hour. Blanch in water. Drain and chop finely and grind through a strainer to make a smooth vegetable puree.
- Place an egg in a pot. Add water and bring to a boil. Cook the egg for 10 minutes until done. Remove egg shell and take out ½ the egg yolk.
- Mash with a fork and mix with a small amount of water to form a puree.
- Mix milk with baby rice cereal as directed on packaging. Add vegetable and egg yolk puree and mix well to serve.

HEALTHY EATING TIP
Most infant rice cereals are enriched with iron. This is an important source of iron for babies who are not ready to eat meat.

Give Baby the right nutrition at every growth stage. See more recipes at healthhub.sg/earlynutrition