

MAINS

# RICE CEREAL WITH SPINACH AND EGG YOLK

6-9 MONTHS

## INGREDIENTS *(Makes 1 baby portion)*

- 6 level tbsps 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.

