

From  
**6**  
months



**Fun recipes for  
your little one!**



**Feeding time proudly brought  
to you by NESTLÉ® CERELAC®**



# Recipes

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**NESTLÉ® CERELAC®**  
biscuits with apple  
and pear spread



# RECIPE

## NESTLÉ® CERELAC® biscuit with apple and pear spread

Makes 12 – 15

### Biscuit Ingredients:

250 ml NESTLÉ® CERELAC® Maize Cereal  
2 ml Baking powder  
80 ml Cake flour  
1 ml Ground ginger  
1 ml Ground nutmeg  
2 ml Vanilla extract (non-alcoholic)  
30 ml Unsalted butter

### Pear Spread Ingredients:

60 g Smooth cottage cheese  
2 ml Vanilla extract (non-alcoholic)  
1 ml Ground ginger  
1 Small pear

### Directions:

1. Preheat the oven to 180°C
2. Pour 125 ml boiling water into a mixing bowl & add the butter
3. Stir until the butter is completely melted
4. Stir in the spices, baking powder, flour and NESTLÉ® CERELAC® Maize Cereal
5. Mix well to form fairly stiff dough
6. Roll the dough into a ball and cover in plastic wrap
7. Rest in the fridge for 15 – 20 minutes
8. Lightly flour your work counter
9. Roll out to ½ cm thickness
10. Cut into shapes
11. Bake at 180°C for 15 – 20 minutes, until golden
12. Meanwhile puree the pear combine with the cottage cheese
13. Cool the biscuits
14. Spoon the pear. Spread on top





# NESTLÉ® CERELAC® carrot cake squares





# RECIPE

## NESTLÉ® CERELAC® carrot cake squares

Makes 12 – 16

### Ingredients:

- 2 ½ Cups of NESTLÉ® CERELAC® Regular
- 4 Small, very ripe bananas
- 80 ml Raisins
- 60 ml Sultanas
- 5 ml Ground cinnamon
- 30 ml Golden syrup
- 5 ml Mixed spice
- 1 Carrot
- 1 Egg

### Directions:

1. Preheat the oven to 180°C
2. Chop the raisins, sultanas, mixed spice & ground cinnamon in a blender
3. Add the carrot, egg, golden syrup, mashed banana & blend again
4. Add the NESTLÉ® CERELAC® Regular, mixing until it is well combined
5. Spoon the mixture into a prepared baking tin
6. Spread the mixture evenly
7. Bake for 20 – 25 minutes until golden and firm
8. Allow to cool for 5 minutes and turn onto a chopping board
9. Cut into squares and allow to cool completely





# NESTLÉ® CERELAC® cheesy pizza pops





# RECIPE

## NESTLÉ® CERELAC® cheesy pizza pops

Makes 12 – 16

### Ingredients:

250 ml NESTLÉ® CERELAC® Maize

180 ml Cheddar cheese

60 ml Cake flour

125 ml Mozzarella cheese

30 g Unsalted butter

30 ml Parmesan cheese

100 g Plain yoghurt

2 ml Baking powder

1 ml Paprika

5 ml Dried oreganum

### Directions:

1. Preheat the oven to 180°C
2. Place all of ingredients into the bowl of a food processor
3. Blitz until combined well
4. If the mixture is too wet, add a little extra NESTLÉ® CERELAC® Maize
5. Shape spoonfuls of the mixture into balls and arrange on a greased baking sheet
6. Allow space to spread during baking
7. Bake for about 10 – 15 minutes, or until firm to the touch and golden in colour
8. Transfer to a wire rack to cool





# NESTLÉ® CERELAC® chicken fingers with apple



# RECIPE

## NESTLÉ® CERELAC® chicken fingers with apple

Makes 20 – 24

### Ingredients:

250 ml NESTLÉ® CERELAC® Maize Cereal

250 g Chicken mince

2 Baby marrows

1 Carrot

½ Onion

1 Egg

3 ml Fresh thyme

1 ml Ground black pepper

1 Garlic clove

1 Apple

### Directions:

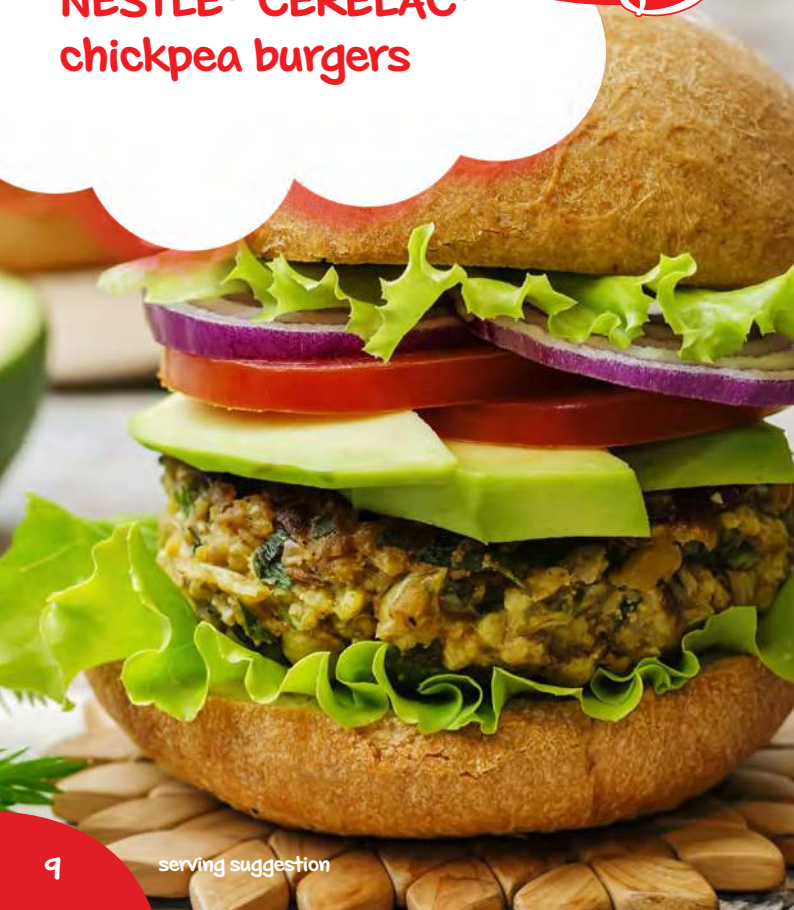
1. Preheat the oven to 190°C
2. Mix all the ingredients together
3. Add the NESTLÉ® CERELAC® Maize Cereal
4. Mix until well combined
5. If the mixture is still wet, add a little more NESTLÉ® CERELAC® Maize Cereal, until the mixture is firm
6. Using floured hands, roll into small sausage shapes and place onto a prepared baking sheet
7. Spray with olive oil cooking spray
8. Bake in the oven for 15 – 20 minutes.

Turn frequently, until cooked through and are lightly golden





# NESTLÉ® CERELAC® chickpea burgers





# RECIPE

## NESTLÉ® CERELAC® chickpea burgers

Makes 10 – 12

### Ingredients:

- 250 ml NESTLÉ® CERELAC® Rice Cereal
- 1 Tin of chickpeas
- 2 Garlic cloves
- ½ Onion
- 5 ml Ground coriander
- 30 ml Cake flour
- 30 ml Parsley
- 5 ml Ground cumin

### Directions:

1. Drain the chickpeas
2. Add all the ingredients to a food processor, & blend well
3. If the mixture is too runny, add a little extra NESTLÉ® CERELAC® Rice Cereal
4. Using floured hands form small spoonfuls of the mixture into burger patties
5. Shallow fry burger patties in a little olive oil, for 2 – 3 minutes per side, until golden
6. Drain well on paper towel

### Note

Chickpea Burger can be baked

1. Preheat the oven to 180°C & place the burgers onto a prepared baking sheet.
2. Spray with olive oil spray and bake in the oven for 6 – 8 minutes, per side, until golden







# NESTLÉ® CERELAC® crispy fish fingers



# RECIPE

## NESTLÉ® CERELAC® crispy fish finger

Makes 10 – 14

### Ingredients:

180 ml NESTLÉ® CERELAC® Rice Cereal  
200 g White fish, skinless and boneless  
2 Eggs  
5 ml Fresh fennel  
30 ml Parmesan cheese

125 ml Cake flour  
45 ml Olive oil  
1 ml Dried mixed herbs  
1 ml Paprika

### Directions:

1. Whisk the eggs in a bowl

**IMPORTANT NOTE: Ensure the fish is deboned**

2. Cut the fish into easy to hold strips

**To make the NESTLÉ® CERELAC® Rice Cereal mixture:**

3. Combine the NESTLÉ® CERELAC® Rice Cereal & parmesan cheese in a bowl or on a plate

**To make the flour mixture:**

4. Combine the cake flour, dried herbs, fennel & paprika
5. Dip and coat fish in the flour mixture
6. Shake off excess flour
7. Dip in the egg
8. Roll & coat the fish in the NESTLÉ® CERELAC® Rice Cereal mixture
9. Heat the oil in a pan and gently fry the fish pieces over a medium heat for 3 – 4 minutes per side or until golden and crispy

### Note

**Fish fingers can be baked**

1. Preheat the oven to 190°C and place the fish strips onto a prepared baking sheet.
2. Spray the fish strips well with olive oil spray and bake in the oven for 4 – 6 minutes per side, until crispy and cooked through.





# NESTLÉ® CERELAC®

## banana berry jelly balls



# RECIPE

## NESTLÉ® CERELAC® banana berry jelly balls

Makes 16 - 20

### Ingredients:

- 160 ml NESTLÉ® CERELAC® Regular
- 30 ml Blueberries
- 30 ml Ground almonds
- 160 ml NESTLÉ® CERELAC® Strawberry
- 3 Strawberries
- 100 g Plain yoghurt
- 1 Ripe Banana

### Directions:

1. Wash, remove stems & mash the strawberries
2. Wash & mash the blueberries
3. Peel, cut & mash the banana
4. Mix all in a bowl
5. Stir in the yoghurt and mix again
6. Gradually add the NESTLÉ® CERELAC®
7. If the mixture is too sticky add a little more NESTLÉ® CERELAC®

### For the coating:

8. Mix the NESTLÉ® CERELAC® & ground almonds
9. Take teaspoonful of the mixture and roll into bite-sized balls
10. Roll the jelly balls in the mixture







# NESTLÉ® CERELAC® mini meatloaves





# RECIPE

## NESTLÉ® CERELAC® mini meatloaves

Makes 9 - 12

### Ingredients:

- 125 ml NESTLÉ® CERELAC® Regular
- 300 g Lean minced beef
- 1 Small sweet potato
- 100 g Plain yoghurt
- 15 ml Parmesan cheese
- 2 Small eggs
- 15 ml Fresh parsley
- 1 Clove garlic

### Directions:

1. Peel and dice the sweet potato
2. Boil or steam until tender. Drain and mash
3. Transfer to a mixing bowl and add all of the remaining ingredients. Mix well
4. Spoon the mixture into a prepared muffin pan, brownie pan or small loaf tin
5. Bake for 20 - 25 minutes
6. Allow to cool for 5 minutes, before transferring to a wire rack to allow to cool completely

### Note

You can freeze the remaining meatloaves for future meals





**It's all good mum!**



**IMPORTANT NOTICE** A well-balanced diet, both during pregnancy and after delivery, helps sustain an adequate supply of breastmilk. Exclusive breastfeeding is recommended during the first 6 months of life followed by the introduction of adequate nutritious complementary foods, along with sustained breastfeeding up to two years of age and beyond. As babies grow at different rates, seek advice with your health professionals on the appropriate time when your baby should start receiving complementary foods.