

Cooking tip

This dessert can also be made with other cooked fruits, such as pear, and finally seasoned with a pinch of cinnamon powder.

Apple and date dessert

This baby food is rich in fibre, vitamins and minerals and is an ideal dessert.

Ingredients

35 grams of dates

80 grams of apple

2 level tablespoonfuls (10 g) of Blevit Plus cereals

2 scoops of Blemil Plus

60 millilitres of water

PREPARATION

1. Soak the dates in hot water for 10 minutes.
2. Peel and cover the apple and microwave it for approximately 1 minute on the highest setting until it softens.
3. Add the microwaved apple, dates, **Blevit Plus cereals**, **Blemil Plus** milk, water and blend it all until a creamy texture is obtained.
4. Pour the mixture into a bowl and serve.

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This recipe can be made with different varieties of Blevit cereals.

Nutritional value (per serving)

Energy value: 205 Kcal.; Protein: 3 g; Carbohydrate: 42 g; Fat: 3 g.