

Carrot and cauliflower purée

Recipe that provides vitamins and minerals.

Ingredients

1 carrot
 30 grams of cauliflower
 20 grams of leek
 1/2 garlic clove
 1 a pinch of oregano
 1 pinch of nutmeg
 1 spoonful of olive oil
 240 millilitres of water
 6 level tablespoonfuls (30 g) of Blevit Plus Cereals
 8 scoops of Blemil Plus

PREPARATION

1. Boil the garlic, carrot, cauliflower and leek. Drain and set the cooking water aside.
2. Add the boiled vegetables, Blemil Plus, Blevit Plus Cereals, 240 ml of the cooking water and the spices to the blender.
3. Blend the mixture to a purée.
4. Serve and sprinkle with nutmeg and a few drops of olive oil.

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

Cooking tip

This is an ideal recipe that can be made and kept for subsequent occasions, served either hot or cold.



Nutritional value (per serving)

Energy value: 384 Kcal.; Protein: 7 g; Carbohydrate: 45 g; Fat: 18 g.