



Easy



2 servings



20 min.



From 6 months

Cooking tip

It is important that they be golden brown so they will be easy to grip or hold.



Nutritional value (por ración)

Energy value: 193 Kcal.; Protein: 5 g; Carbohydrate: 6 g; Fat: 16 g.

Crunchy avocado strips

This recipe is a source of energy and nutrients for the first few months of growth. It is quick and easy to make.

Ingredients

- 1 avocado
- 1 egg
- A pinch of oregano
- A pinch of black pepper
- 1 spoonful of olive oil
- 3 level tablespoonfuls (15 g) of Blevit Plus Cereals

PREPARATION

1. Peel the avocado, remove the stone and slice it into 8 strips.
2. Beat the egg and add the **Blevit Plus Cereals** to another plate.
3. Season the avocado strips with the spices. Dip each avocado strip in the egg and then into the **Blevit Plus Cereals**.
4. Heat the olive oil in a frying pan and fry the avocado strips until they are crisp and golden brown. Serve.



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

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