

Cooking tip

This mixture can be turned into different shapes (sticks, little balls) to let the baby experiment with food. You can also use different vegetables, such as courgette, carrot, onion, etc.

**Nutritional value (per serving)**

Energy value: 172 Kcal.; Protein: 9 g; Carbohydrate: 16 g; Fat: 8 g.

Mini legume burger

This dish may be accompanied with a dessert rich in vitamin C (*oranges, tangerines, kiwis, etc.*) in order to increase the absorption of iron from the lentils.

Ingredients

120 grams of boiled lentils
 1 egg
 1 clove of garlic
 60 grams of aubergine
 20 grams of leek

1 spoonful of olive oil
 A pinch of black pepper
 A pinch of thyme
 4 level tablespoonfuls (20 g) of Blevit Plus Cereals

PREPARATION

1. Mash up the lentils with a fork. Chop up the aubergine, garlic and leek in the food mixer.
2. Sauté the vegetable mix with half a spoonful of oil in a frying pan.
3. Mix the egg, vegetables, **Blevit Plus Cereals** and the lentils in a bowl and season with the spices until you obtain a smooth mixture.
4. Then roll them into little balls and flatten them into a hamburger shape.
5. Cook the mini-hamburgers in a frying pan on both sides until they are golden brown.



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