Whole Grain Cereal with Squash (for Toddlers)



Prep:

5 minutes

Total:

20 minutes

Sirve:

2 cups

Pieza:

Saladmaster Food Processor
1 Qt./.9 L Sauce Pan with Cover
Valora: ★★★★☆

Contribuido por:

Katherine Lawrence
Cooking instructor, VegNews TV chef, and nutrition instructor for T. Colin Campbell eCornell program in Plant Based Nutrition
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Descripción de la Receta:

This recipe makes a great warm breakfast fortoddlers - it's filled with fiber and protein, and the added squash provides beta-carotene to strengthen their immune system. The sweetness from the squash also eliminates the need to add extra sweeteners.

½ cup uncooked 7-grain cereal (used Bob's Red Mill) (82 g)
1½ cups water (350 mL)
½ cup butternut squash, raw (70 g)

Preparación :

1. Add cereal and water to the sauce pan and stir.
2. Julienne butternut squash using the Saladmaster machine and Cone #2. Add to sauce pan.
3. Cover and cook on medium heat. When the Vapo-Valve™ clicks, reduce heat to medium-low and cook for 10 minutes. Serve warm.

Información nutricional por ración

Calorías: 156
Grasa Total: 2g
Grasa Saturada: 0g
Colesterol: 0mg
Sodio: 7mg
Carbohidratos: 32g
Fibra Dietética: 7g
Azúcar: 2g
Proteína: 6g