



**Breakfast Recipes**

**Chicken, Bacon & Veggie Skillet**

# Chicken, Bacon & Veggie Skillet

- 1 pouch Real Food Blends® Chicken, Carrots & Brown Rice
- ½ oz cooked bacon
- 1 oz cheddar cheese\*
- ¼ cup broccoli, raw, chopped
- ¼ cup hashed brown potatoes, cooked in oil
- ¾ cup bone broth
- 1 tsp paprika
- 1 tsp parsley, dried

## Instructions:

Combine the ingredients and blend until you have a smooth consistency.

\*Contains milk

\*\*Specific nutritional information may vary by brand/variety

Please check with your healthcare team if this recipe is right for the individual with the feeding tube.



For questions about Real Food Blends, contact Nutricia North America  
(800) 365-7354 • [realfoodblends.com](http://realfoodblends.com)

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## Nutritional Information\*\*

Serving size (mL).....	540
Calories.....	715
Calories (per mL).....	1.3
Fat (g).....	43
Carbohydrates (g).....	52
Fiber (g).....	7
Protein (g).....	35

