



CEREAL, FRUIT & YOGHURT POT

Breakfast: this dish provides a portion of fruit and a portion of dairy.

Recipe adapted from: Children's Food Trust Recipes for Success series – Mid-morning break recipes and tips.

Ingredients

Cereals – choose one of the following:

- 40 g wheat biscuits
- 30 g cornflakes
- 50 g muesli
- 30g crisped rice

Fruit – choose one of the following:

- Apple, pear, banana, peach, plum, strawberries, blueberries, kiwi, melon or a mixture of these.
- 40 g (primary), 80 g (secondary)

Dairy – choose one of the following

- Low-fat plain yoghurt or fromage frais
- 80-120g (primary), 120-150g (secondary)
- Skimmed milk
- 100-150ml (primary), 150-200ml (secondary)
- Semi-skimmed milk
- 100-150ml (primary), 150-200ml (secondary)

Method

1. Put the cereal in a bowl. Add the fruit and then pour over the milk or yoghurt.

Serving suggestion: try making grab and go options in a bowl or plastic pot.



Number of portions this recipe makes:

- 1 primary serving (180g)
- 1 secondary serving (250g)



Prep: 5 minutes

Cook: 0 minutes



Allergy information:

barley (gluten), milk, nuts, oats (gluten), wheat (gluten), sulphites



Top Tips

Let pupils choose their own combinations from a breakfast bar.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose breakfast cereals which are higher in fibre (i.e. >6g/100g) and do not exceed 22.5g/100g total sugars, and use reduced fat milk (not more than 1.8% fat).