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
- 30 g 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
- 80-120 g (primary), 120-150 g (secondary)
- Skimmed milk
- 100-150 ml (primary), 150-200 ml (secondary)
- Semi-skimmed milk
- 100-150 ml (primary), 150-200 ml (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 (180 g)
- 1 secondary serving (250 g)

**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).