PEACH & NATURAL YOGHURT BAGEL

Breakfast or Mid-morning snack: This recipe provides a portion of starchy food.

Recipe adapted from: Magic Breakfast

Ingredients
- 90g (1 bagel) plain bagel
- 40g plain low-fat Greek yoghurt
- 8g (1 tsp) honey
- 80g peaches, sliced, canned in fruit juice, drained

Method
1. Slice the bagel in half.
2. Then take a bowl and mix together the Greek yoghurt and honey.
3. Spread the yogurt and honey mixture on the bagel.
4. Then cover with the sliced peaches.

Serving suggestion: toast the bagel before adding the yoghurt and fruit.

Number of portions this recipe makes:
- 2 primary servings (110g)
- 1 secondary serving (215g)

Prep: 20 minutes
Cook: 55 minutes

Allergy information:
- Barley (gluten), milk, rye (gluten), wheat (gluten)

Top Tips
Try with different combinations of fruit, or try cinnamon and raisin bagels.

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 bagels with less than 1.0g salt per 100g.