

Fruit Rumlbers

Serves 2

Ingredients

- 4 dessertspoons of cereal (e.g. oats, cornflakes, rice Krispies)
- 2 dessertspoons of fruit juice if using oats
- 4 dessertspoons of low fat & reduced sugar yoghurt
- 4 dessertspoons of fruit (like strawberries, banana or pineapple you can use fresh, frozen or tinned fruit)
- 2 dessertspoons of dried fruit like raisins or sultanas

Equipment

Chopping board, dessertspoon, small bowl, small knife, 2 small glasses or cups

Method

1. If using oats - place oats into a bowl and add fruit juice to moisten oats. Leave for approx 5-10 minutes
2. Prepare the fruit by cut up the fruit into small bite size pieces
3. Add 2 dessertspoons of oat mix with juice or cereals into the bottom of each glass or cup with the 1 dessertspoon of dried fruit
4. Add 2 dessertspoons of yoghurt on top of the cereal
5. Now add 2 dessertspoons of fruit on top of the yoghurt and enjoy



- ✿ This is a great quick nutritious filling breakfast/ healthy pudding or snack.
- ✿ Counts as 1 of your 5 a day
- ✿ Ideal for children/adults on the go.
- ✿ It's colourful, a good source of fibre, carbohydrates, vitamins, minerals and calcium.