

July

BERRY BLISS

Taste the sunshine of July

This simple summer treat is sure to delight, especially since it features strawberries a favourite among kids, it's even better than ice cream!



Strawberries are rich in vitamin C and antioxidants that can support your immune system and may lower your chances of getting sick when bugs are around.

RECIPE INGREDIENTS

Serves 4

- 4 tablespoons Porridge Oats (50g)
- 250g Strawberries (or a mix of strawberries and other berries)
- 250g Low Fat Natural Yoghurt (2/3rd of a large pot)

COOKING INSTRUCTION AND NOTES

1. Pre heat grill. Sprinkle the oats onto baking sheet and grill until light brown and set aside to cool.
2. Chop and mash the berries to squash them down slightly.
3. Add the yoghurt and oats to the berries and mix then serve into bowls.
4. Cover and chill until ready to eat.

For children under 1 year of age: For children who need pureed texture leave out the oats. For children who need mashed texture chop and fork mash the berries well.


Serving Suggestions: Can be served as a simple dessert or breakfast.

Tips: Use either ordinary low fat natural yoghurt or Greek style yoghurt. Do not over bake the oats as this will make them taste bitter.

Food Labelling and Allergen Information

EU Label values per 100g				
	PER 100G	%RI	PER SERVING	%RI
Energy(Kj)	347 kJ	4%	478 kJ	6%
Energy(kcal)	82 kcal	4%	113 kcal	6%
Fat	1.4 g	2%	1.9 g	3%
<i>of which saturates</i>	0.4 g	2%	0.6 g	3%
Carbohydrate	12 g	5%	17 g	7%
<i>of which sugars</i>	6.1 g	7%	8.4 g	9%
Fibre	2.4 g	10%	3.4 g	14%
Protein	3.7 g	7%	5.1 g	10%
Salt	0.07 g	1%	0.1 g	2%

CONTAINS:



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