

Breakfast Bonanza

Very Cherry



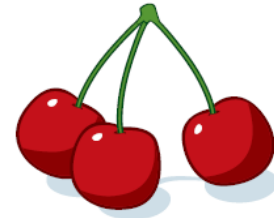
Cherry Berry Smoothie (Serves 2)

Ingredients:

50g frozen cherries
100ml semi skimmed milk
2 tbsp plain yogurt
2 tbsp fresh blueberries
1tbsp honey
8 ice cubes

Equipment:

Measuring jug
2 glasses
Blender
Table spoon

**Method:**

- 1 Blend all the ingredients in a blender until smooth.
- 2 Pour into two glasses full of ice.
- 3 Decorate with fresh cherries.

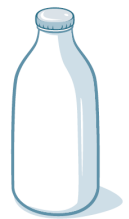
Cherry Porridge (Serves 2)

Ingredients:

50g Cherries
1 cup porridge oats
2 cups semi skimmed milk

Equipment:

Cup
Pan
Spoon
Tablespoon
Knife
Chopping Board

**Method:**

- 1 To make the porridge, add the oats and milk to a pan and gently heat, stir occasionally until thickened.
- 2 Remove the stones from the cherries, and add to the porridge.
- 3 Serve!

Cherry Oat Bakes (Serves 4)

Ingredients:

110g dried cherries
100g oats
50g sugar
200ml skimmed milk
2 medium eggs, beaten
½ teaspoon almond extract

Equipment:

Oven
Baking tray
Baking Sheet
Measuring jug
Scales
Tea spoon

Method:

1. Combine cherries, oats and sugar in a medium bowl.
2. Stir in milk, eggs and almond extract.
3. Grease a large flat baking tray and add equal spoonfuls of the mixture onto the tray.
4. Bake in a preheated 180° oven 30 to 40 minutes, or until centers are still slightly soft.