

# Fruit-tastic Breakies!



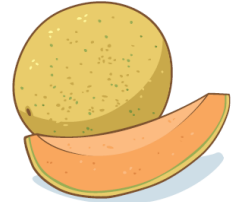
## Tangy Melon and Papaya Promise!

### Ingredients:

1 Lime  
3 slices of Melon  
½ Papaya  
Ginger

### Equipment:

Grater  
Knife  
Chopping Board



### Method:

1. Cut the melon into slices, leaving the skin on.
2. Cut the Papaya into small chunks.
3. Sprinkle the chopped Papaya over the melon.
4. Grate some lime zest and fresh ginger (if required) over the top and squeeze on a little lime juice for a fruit breakie.

## Fruity Breakie Bowl!

### Ingredients:

40g cereal e.g. weetabix, bran flakes.  
1 tbsp thawed frozen berries  
½ banana  
125g natural yogurt

### Equipment:

Cereal Bowl  
Knife  
Spoon



### Method:

1. Add the cereal to a bowl
2. Mix the thawed berries in with the malted cereal.
3. Stir in some natural yogurt and top with sliced banana for a fun fruity breakfast.

## Pomegranate smoothie!!

### Ingredients:

1 banana  
150g vanilla yogurt  
1 Glass pomegranate juice  
Pomegranate seeds

### Equipment:

Hand held blender  
Glass



### Method:

1. Peel a banana and put in a plastic bag for 3 hours until frozen
2. Unwrap banana, break into chunks and place in a blender with the yogurt and juice.
3. Cover and blend until smooth; pour into 4 glasses to serve.
4. Top with pomegranate seeds if desired.