

Breakfast Bonanza

Yummy Yoghurt



Blackberry Yoghurt

Ingredients

3 tablespoons natural yogurt
1 teaspoon lemon curd
Handful blackberries

Equipment

Tablespoon
Teaspoon
Bowl



Method

1. Spoon the yogurt and lemon curd into a bowl and stir well
2. Scatter blackberries onto yogurt and serve.

Why not use some stewed apple to sweeten the yogurt instead of lemon curd – a delicious and natural way of sweetening and a great way of including more fruit into your children's diet.

Banana Crunch

Ingredients

3 tablespoons natural yogurt
1 small banana
2 teaspoons roasted flaked almonds

Equipment

Tablespoon
Chopping board
Knife
Bowl

Method

1. Spoon the yogurt and into a bowl.
2. Cut banana on an angle into 1cm slices.
3. Scatter banana on top of yogurt and stir.
4. Sprinkle with almonds.



Be adventurous with the fruits you use when making your own yogurt. You can either slice or dice the fruit or pop it into a blender to make a puree. Here is an extra seasonal suggestion for Autumn.

Pear and walnut.

Quarter and core the pear, toss with honey and warm through in a pan. Spoon yogurt into a bowl and top with warmed through pear and a sprinkling with walnuts.