

SUPERCRUNCH PUDDING



Supercrunch is a cold pudding which can be put together in minutes! There are endless variations to this recipe ... use any fresh or stewed fruit of your choice (ideally use in-season fruit, it will usually be cheaper), try different yoghurts, swap the yoghurt for custard, sprinkle on cinnamon, add seeds or chopped nuts ... just have super-crunchy fun!



Skills Check: Follow a recipe; follow food safety & hygiene rules; chop using the bridge/claw safely; use measuring spoons and cups; garnish & decorate; tidy away.

Equipment: Knife, chopping board, spoons, serving glasses or bowls (or plastic cups)

Ingredients (serves 2):

- 160g fresh fruit, cut into small pieces (e.g. grapes, kiwi, strawberries)
- 150g pot plain low-fat yoghurt
- 1 tsp runny honey
- 50g crunchy oat cereal / granola

Method

1. Divide the prepared fruit between the glasses or bowls.
2. Stir the honey into the yoghurt, then divide the yoghurt between the glasses or bowls.
3. Sprinkle the oat cereal on top.



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Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Supercrunch ...

Fruit is generally low in fat and calories and high in fibre. Fruit offers an array of important vitamins and minerals, and also contains phytochemicals which may help protect our bodies against diseases.



Yoghurt is an excellent source of calcium, and a good source of Vitamin D for strong teeth and bones.



Oats provide starchy carbohydrate, which gives us slow-release energy, and they are also a good source of fibre.

Energy, sugar, fat and salt per serving

Per 184g serving

ENERGY	912KJ / 216kcal	11%
FAT	5.1g	7%
SATURATES	2.1g	11%
SUGARS	24.3g	27%
SALT	0.2g	4%

% of an adult's reference intake
Typical values per 100g : Energy 202kJ / 48kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage