## **PhunkyRECIPE**

# **SUPERCRUNCH**



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 inseason 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; cut using the bridge/claw technique safely; use measuring spoons; use weighing scales garnish & decorate; tidy away.

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

#### Allergens\*:

Gluten | Milk

#### 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 yohurt, then divide the yoghurt between the glasses or bowls.
- 3. Sprinkle the oat cereal on top.

<sup>\*</sup>Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.

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# SUPERCRUNCH<br/>Nutrition Information





The eatwell plate helps us take a look at what we eat during the day (including any snacks) and shows us we need to try and eat:

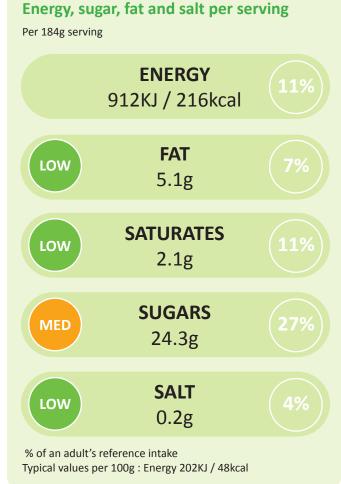
- plenty of fruit and vegetables
- plenty of bread, rice, potatoes, pasta and other starchy foods – choose wholegrain varieties when you can
- some milk and dairy foods
- some meat, fish, eggs, beans and other nondairy sources of protein
- just a small amount of foods and drinks high in fat and/or sugar.

#### 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.



#### 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