

# Fruit with breakfast cereal - Feeds 1



## Ingredients

1 cup of light milk



1/3 cup of nuts



1/3 cup of rolled oats



1 Tablespoon sultanas



1 Cup of chopped fresh fruit



1 Wheat biscuit

## Equipment



1 If the nuts are **salted** wash with water...



...and drain



2 Add wheat biscuit



3 Add rolled oats





4 Add sultanas



5 Add fruit



6 Add milk and mix



Food groups

Bread & Cereals

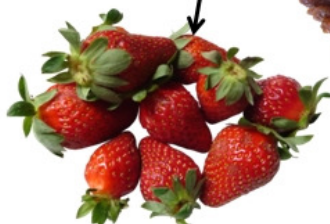
Vegetables



Meat

Fruit

Dairy



Serves in 1 bowl of cereal, nuts & fruit



1 serve of nuts



2 serves of cereal



1 serve of fruit



½ serve of dried fruit



1 serve of milk

There is no need to print the following page when printing and using this resource

## Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

### **Purpose of resource:**

To support the delivery of practical cooking and nutrition education sessions

### **Key skills:**

This resource could be used to support development of the following skills:

- Independently follow a recipe.

### **Target group:**

This resource is designed to be used by Australians of all ages.

### **Notes:**

This resource is designed to be printed A3 size and then laminated.

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