

Fruit crumble cup - Feeds 1



Ingredients



1/2 cup low fat plain yogurt



1/2 cup of fresh mango



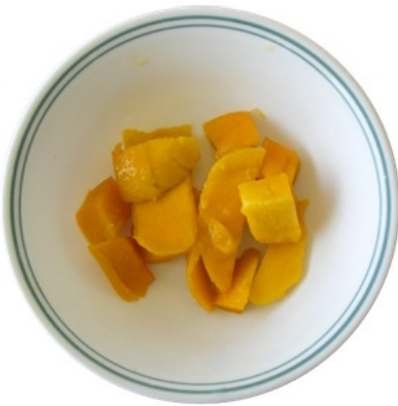
2 tablespoons toasted muesli

Equipment



1

Mash the mango



2 Add the mashed mango and yogurt 1 dessert spoon for each layer





2 Top with 2 tablespoons spoons of home made toasted muesli



Good food plate



Serves in 1 crumble cup



½ serve of yogurt



½ serve of fruit

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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