

Wheat biscuits



B

Preparation time: None

Cooking time: None

Ingredients

Quantity

Wheat biscuits	38g (2 biscuits)
Plain whole milk yoghurt	60g (1½ tablespoons)
Dried apricots	25g (3 apricots)
White toast	25g (1 slice)
Vegetable oil spread	4g (thinly spread)
Drink: Water	100ml

Typical portion size for 1-4 years

Serving suggestion:

Infants 7-12 months

Add a wheat biscuit to 100ml whole milk and leave to soften as required. Top with 15g finely chopped raisins, and serve with 25g strips of pear as a finger food.

* **Allergy Information:** Contains barley (gluten), milk, soya, sulphites, wheat (gluten)*

* Allergy information is included as a guide only; always check labels to find out which allergens are included in each ingredient and product you are using by checking product packaging ingredient lists. Even if you have used them before, don't assume.

Autumn / Winter
1-4 years



Cornflakes



B

Preparation time: None

Cooking time: None

Ingredients

Quantity

Cornflakes	25g (4 tablespoons)
Milk	100ml
Wholemeal toast	30g (1 medium slice)
Vegetable oil spread	4g (thinly spread)
Tomato slices	20g (1 slice)
Mushrooms	20g (2 medium)
Drink: Water	100ml

Typical portion size for 1-4 years

Serving suggestion:

Infants 7-12 months

Serve $\frac{3}{4}$ slice wholemeal toast fingers with vegetable oil spread and 25g of mashed/sliced tomatoes and sliced mushrooms.

* **Allergy Information:** Contains barley (gluten), milk, soya, wheat (gluten)*

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Autumn / Winter
1-4 years



Porridge



B

Preparation time: None

Cooking time: None

Ingredients

Quantity

Porridge	100g
Raisins	25g (1 tablespoon)
Banana	40g
Drink: Water	100ml

Typical portion size for 1-4 years

Serving suggestion:

Infants 7-12 months

Serve about 100g porridge made with whole milk, with 15g finely chopped raisins and about 25g banana sticks as a finger food.

* **Allergy Information:** Contains milk, oats (gluten)*

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Autumn / Winter
1-4 years



Malt wheat cereal



B

Preparation time: None

Cooking time: None

Ingredients

Quantity

Malt wheat cereal	25g
Milk	100ml
Toasted crumpet	50g (1 crumpet)
Vegetable oil spread	4g (thinly spread)
Pear slices	40g
Drink: Water	100ml

Typical portion size for 1-4 years

Serving suggestion:

Infants 7-12 months

Add about 20g malt wheat cereal to 100ml whole milk and leave to soften as required. Serve with about 25g pear slices or sticks as a finger food.

* **Allergy Information:** Contains barley (gluten), milk, wheat (gluten)*

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Autumn / Winter
1-4 years



Crisped rice cereal



B

Preparation time: None

Cooking time: None

Ingredients

Quantity

Crisped rice cereal	25g (6 tablespoons)
Milk	100ml
Satsuma segments	40g
Toasted fruit bread	25g (1 slice)
Vegetable oil spread	4g (thinly spread)
Drink: Water	100ml

Typical portion size for 1-4 years

Serving suggestion:

Infants 7-12 months

Add about 20g crisped rice cereal to 100ml whole milk and leave to soften as required. Serve with about 25g drained canned mandarin segments as a finger food.

* **Allergy Information:** Contains barley (gluten), milk, oats (gluten), soya, wheat (gluten)*

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Autumn / Winter
1-4 years

