

# Crisped rice cereal



B

Preparation time: None

Cooking time: None

## Ingredients

## Quantity

Crisped rice cereal	25g (6 tablespoons)
Milk	100ml
Toasted plain bagel	23g (¼ bagel)
Vegetable oil spread	2g (thinly spread)
Plum slices	40g
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. Top with about 15g chopped raisins, and serve with 25g plum slices as a finger food.

\* **Allergy Information:** Contains barley (gluten), milk, oats (gluten), rye (gluten), 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



# Malt wheat cereal



B

Preparation time: None

Cooking time: None

## Ingredients

## Quantity

Malt wheat cereal	25g
Milk	100ml
Banana slices	40g
Wholemeal 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 about 20g malt wheat cereal to 100ml whole milk and leave to soften as required. Serve with about 25g banana sticks as a finger food.

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

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Autumn / Winter  
1-4 years



## Breakfast cups

**B**

Preparation time: None

Cooking time: None

### Ingredients

	Quantity
Breakfast cups (see below)	65g
Wholemeal toast	30g (1 medium slice)
Vegetable oil spread	4g (thinly spread)
Tomato slices	40g (3 cherry tomatoes or, 2 large slices)
Pear slices	40g
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 spread, with 50g cooked egg and 25g cooked tomato slices.

## Breakfast cups

Preparation time: 10 minutes

Cooking time: 20 minutes

### Ingredients

	Quantity (serves 5)	Quantity (serves 20)
Eggs	250g (5)	1kg (20)
Mushrooms	75g	300g
Fresh parsley	10g (8-10 sprigs)	40g (2 small bunches)

Typical portion size for recipe 1-4 years: 65g

### Method

1. Preheat the oven to 180°C/360°F/gas mark 4.
2. Beat the eggs. Roughly chop the mushrooms and parsley.
3. Add the mushrooms to the beaten eggs and divide mixture evenly between the non-stick (or lightly oiled) muffin tray holes.
4. Sprinkle each cup with parsley.
5. Bake for 20 minutes or until golden and the eggs are cooked through and not runny.
6. Turn out onto a rack and allow to cool a little before serving.

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

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Autumn / Winter  
1-4 years



# Cornflakes



B

Preparation time: None

Cooking time: None

## Ingredients

## Quantity

Cornflakes	25g (4 tablespoons)
Milk	100ml
Raisins	25g (1 tablespoons)
Toasted crumpet	25g (½ crumpet)
Vegetable oil spread	2g (thinly spread)
Drink: Water	100ml

Typical portion size for 1-4 years

## Serving suggestion:

### Infants 7-12 months

Add about 20g cornflakes to 100ml whole milk and leave to soften as required. Top with 15g finely chopped raisins, and serve with about 25g canned pear slices as a finger food.

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

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Autumn / Winter  
1-4 years



# Wheat bisks



B

Preparation time: None

Cooking time: None

## Ingredients

## Quantity

Wheat bisks	38g (2 bisks)
Milk	100ml
Toasted teacake	35g (½ teacake)
Vegetable oil spread	2g (thinly spread)
Apple slices	40g
Drink: Water	100ml

Typical portion size for 1-4 years

## Serving suggestion:

### Infants 7-12 months

Add a wheat bisk 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.

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Autumn / Winter  
1-4 years

