

Malt wheat cereal



B

Preparation time: None

Cooking time: None

Ingredients

Quantity

Malt wheat cereal	25g
Milk	100ml
Sliced banana	40g
Toasted crumpet	50g (1 crumpet)
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 of banana cut into sticks as a finger food.

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

Spring / Summer
1-4 years



Cornflakes



B

Preparation time: None

Cooking time: None

Ingredients

Quantity

Cornflakes	25g (4 tablespoons)
Milk	100ml
Raisins	25g (1 tablespoon)
Kiwi fruit quarters	40g
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 about 20g cornflakes to 100ml whole milk, and leave to soften as required. Add 15g finely chopped raisins, and serve with 25g peeled kiwi fruit quarters as a finger food.

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

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Spring / Summer
1-4 years



Hard-boiled egg



B

Preparation time: None

Cooking time: None

Ingredients

Quantity

Hard-boiled egg	50g (1 egg)
Cooked tomatoes, sliced	40g
Wholemeal bread	25g (1 medium slice)
Vegetable oil spread	4g (thinly spread)
Banana	40g
Drink: Water	100ml

Typical portion size for 1-4 years

Serving suggestion:

Infants 7-12 months

Serve one sliced or mashed hard-boiled egg with $\frac{3}{4}$ slice of toast with spread cut into fingers, and about 25g sliced or mashed cooked tomatoes.

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

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Spring / Summer
1-4 years



Wheat biscuits



B

Preparation time: None

Cooking time: None

Ingredients

Quantity

Wheat biscuits	38g (2 biscuits)
Milk	100ml
Mixed berries	40g
Toasted fruit bread	15g (½ slice)
Vegetable oil spread	2g (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. Serve with 25g whole or mashed mixed berries.

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

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Spring / Summer
1-4 years



Crisped rice cereal



B

Preparation time: None

Cooking time: None

Ingredients

Quantity

Crisped rice cereal	25g (6 tablespoons)
Milk	100ml
Plain bagel	45g (½ bagel)
Vegetable oil spread	4g (thinly spread)
Melon, sliced	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. Serve with around 25g melon slices as a finger food.

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

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Spring / Summer
1-4 years

