

# Wheat bisks



B

Preparation time: None

Cooking time: None

## Ingredients

## Quantity

Wheat bisks	38g (2 bisks)
Milk	100ml
Kiwi fruit	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 a wheat bisk to 100ml whole milk and leave to soften as required. Serve with about 25g peeled kiwi fruit quarters 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



# Toasted oats



B

Preparation time: None

Cooking time: None

## Ingredients

## Quantity

Toasted oats	15g (1 ½ tablespoons)
Berries	40g
Plain whole milk yoghurt	60g (1 ½ tablespoons)
Cornflakes	15g (2 ½ tablespoons)
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. Serve with about 25g whole or mashed berries.

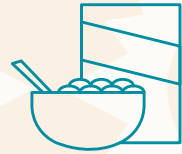
\* **Allergy Information:** Contains barley (gluten), milk, oats (gluten)\*

\* 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



# Crisped rice cereal



B

Preparation time: None

Cooking time: None

## Ingredients

## Quantity

Crisped rice cereal	25g (6 tablespoons)
Milk	100ml
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 crisped rice 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, oats (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.

Spring / Summer  
1-4 years



# Cornflakes



B

Preparation time: None

Cooking time: None

## Ingredients

## Quantity

Cornflakes	25g (4 tablespoons)
Milk	100ml
Toasted teacake	35g (½ teacake)
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

For infants 7-12 months, serve instant oat cereal (made with 1-2 tablespoon dried instant oats and 100ml whole milk), with 25g melon slices as finger food.

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



# Toasted English muffin



B

Preparation time: None

Cooking time: None

## Ingredients

## Quantity

Toasted English muffin	35g (½ muffin)
Hard-boiled or scrambled egg	50g (1 egg)
Cooked mushrooms, sliced	40g
Drink: Water	100ml

Typical portion size for 1-4 years

## Serving suggestion:

### Infants 7-12 months

Serve about 25g (1/3 muffin) toasted English muffin strips with about 50g (1 egg) scrambled egg and 25g sliced mushrooms.

\* **Allergy Information:** Contains egg, milk, soya, 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

