

Malt wheat cereal



B

Preparation time: None

Cooking time: None

Ingredients

Quantity

Malt wheat cereal	25g
Milk	100ml
Toasted white bagel	45g (½ bagel)
Vegetable oil spread	4g (thinly spread)
Cooked tomato, sliced	20g
Cooked mushrooms, sliced	20g
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 25g sliced melon as a finger food.

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

Spring / Summer
1-4 years



Cornflakes



B

Preparation time: None

Cooking time: None

Ingredients

Quantity

Cornflakes	25g (4 tablespoons)
Milk	100ml
Banana, sliced	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 cornflakes to 100ml whole milk and leave to soften as required. Serve with about 25g banana, cut into finger-sized sticks as a finger food.

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

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Spring / Summer
1-4 years



Shredded wheat



B

Preparation time: None

Cooking time: None

Ingredients

Quantity

Shredded wheat	25g
Milk	100ml
Toasted fruit bread	35g (1 slice)
Vegetable oil spread	4g (thinly spread)
Kiwi fruit, 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 tablespoons dried instant oats and 100ml whole milk) and serve with about 25g quartered kiwi fruit as a finger food.

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

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Spring / Summer
1-4 years



Wheat bisks



B

Preparation time: None

Cooking time: None

Ingredients

Quantity

Wheat bisks	38g (2 bisks)
Milk	100ml
Raisins	25g (1 tablespoon)
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 a wheat bisk to 100ml whole milk and leave to soften as required. Top with 15g chopped raisins and serve with about 25g nectarine strips as a finger food.

* **Allergy Information:** Contains milk, 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
Grapes, cut lengthways and into quarters	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 crisped rice cereal to 100ml whole milk and leave to soften as required. Serve with about 25g halved or quartered (lengthways) grapes.

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

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Spring / Summer
1-4 years

