

Breakfast Bonanza

Fruit Fruit Fruit!!!



Fruit Porridge (Serves 2)

Ingredients:

- 1 apple
- 1 banana
- ½ tsp grated lemon rind
- 60g non-fat plain yogurt
- 140g uncooked oats
- 1 tbsp honey
- 2 tbsp, sunflower seeds (optional)

Equipment:

- Knife
- Food processor
- Saucepan
- Cup
- Table spoon
- Tea spoon

**Method:**

1. Core the apple, cut into chunks and put in a food processor with ½ the banana and the lemon rind. Process until smooth.
2. Pour into a saucepan with the yogurt, oats and 1-1/2 cups water. Bring to the boil, reduce heat and simmer 10minutes.
3. Add honey and serve with the other ½ of the banana, sliced and optional sunflower seeds

Breakfast in a glass (Serves 2)

Ingredients:

- 2 whole bananas
- 250ml mango juice
- 2 dessert spoons honey
- 350g natural Greek yogurt
- 100g readymade muesli

Equipment:

- Hand blender
- Knife
- Dessert spoon
- 2 glasses

**Method:**

1. Using a hand blender, blend together the bananas chopped up, mango juice, honey and yogurt.
2. Blend for about 30 seconds or until the mixture is well combined and thickened into a 'smoothie'
3. Pour into two tall glasses and add one heaped dessertspoon of muesli to the top of each glass.

Breakfast Fruit kebabs (Serves 2)

Ingredients:

- 3 bananas (cut into chunks)
- 1 ripe pear (cut into wedges)
- 1 nectarine (cut into wedges)
- 8 strawberries
- 2 plums/1 apple
- 150ml fresh orange juice
- 2 table spoons runny honey

Equipment:

- Knife
- Chopping board
- Table spoon
- Measuring jug
- Skewers
- Pasty brush
- Grill

**Method:**

- 1 Thread the fruit onto 8 small wooden skewers.
- 2 Warm the honey and orange juice, use to brush the fruit.
- 3 Grill 2-3 minutes, turning and basting halfway.