

Breakfast Bonanza

Breakfast Parfait



Banana and Blueberry Breakfast Parfait

Ingredients

1 banana (sliced)
Handful blueberries
2 tablespoons natural yoghurt
2 tablespoons muesli

Equipment

Glass
Spoon
Knife
Chopping board

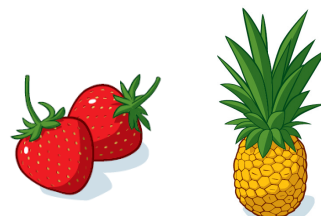
Method

1. Place half of the banana in the bottom of the glass and cover with 1 tablespoon natural yoghurt and 1 tablespoon muesli
2. Repeat with the remaining banana, yoghurt and muesli
3. Sprinkle over the blueberries



Variations

1. Use mango (canned or fresh), passion fruit and add pine nuts to create a tropical treat
2. Try strawberries and almonds with strawberry yoghurt
3. Use peaches (canned or fresh) and raspberries (frozen, canned or fresh) for a taste of summer all year round
4. Try pineapple (canned or fresh) and pomegranate
5. Use plums and blackberries for an autumnal treat



You could even make your own homemade muesli using the following recipe.

Ingredients

Jumbo oats
Almonds
Desiccated coconut

Equipment

Grill
Baking sheet



Method

1. Place all of the ingredients on the baking sheet and toast under the grill for 10 minutes, turning as required
2. Remove from the baking sheet and allow to cool

Alternatively, allow the children to create their own version. Why not experiment with using dried fruit such as cranberries and apricots, walnuts, pistachios, different flavoured yoghurts, dried coconut, cinnamon, crisped rice, cornflakes, wheat germ, honey, reduced sugar jam or lemon curd, or even rose or orange blossom water.