



## LAYERED FRUIT BREAKFAST

**Preparation: 10 mins**

**Cooking: 0 mins**

Serves 4, costs under £5.00

**✓ Vegetarian**

This recipe counts towards your 5 a day

### INGREDIENTS

- Raspberries (200g)
- Blueberries (200g)
- 1 Banana (100g) (Medium Sized)
- 1 Pot Natural Yogurt (500g) (Large, Natural, Low Fat)
- 8 Tablespoons Muesli (120g) (No Added Sugar)

#### TIP

For something different try using other soft fruits, such as blackberries or blueberries.

### METHOD

1. Wash the fruit and peel and slice the banana. Mix the fruit together.
2. Put alternate layers of fruit, yogurt and muesli in a clear glass, cup or bowl.
3. Keep in the fridge until ready to serve.

#### BE ALLERGY AWARE

Always check the label of each ingredient for allergy warnings.

### NUTRITIONAL INFORMATION

Based on a  
single serving  
of 280g

**ENERGY**  
245 kcals  
1034 kJ

**FAT**  
3.9g

LOW

**SATURATES**  
1.4g

LOW

**SUGAR**  
23.3g

MED

**SALT**  
0.2g

LOW

Please note: nutritional information will vary dependent on any additions/substitutions made to the recipe

The **Eatwell Guide** shows the proportions of the main food groups that form a healthy, balanced diet. Use the Eatwell Guide to help you get a balance of healthier and more sustainable food.



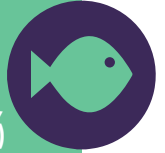
Eat at least 5 portions of a variety of fruit and vegetables every day

Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible



Have some dairy or dairy alternatives (such as soya drinks); choosing lower fat and lower sugar options

Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)



Choose unsaturated oils and spreads and eat in small amounts

Drink 6-8 cups/glasses of fluid a day. Water, lower fat milk, sugar free drinks including tea and coffee all count



Eat less salt – no more than 6g a day for adults which is equivalent to 1 teaspoon

Foods and drinks high in fat, salt or sugar should be eaten less often and in small amounts

