

## Breakfast wholegrain fruit crunch

### Ingredients

4-6 dessert spoons wholegrain breakfast cereal (of your choice)  
2-3 pieces of fruit, use what you have – fresh, canned or frozen  
1 small pot of low fat yogurt (120g) – a flavour that you love

### Equipment

Knife, chopping board, spoon, 2 glasses.

### Method

1. Prepare the fruit, for example:
  - peel and slice a half a banana;
  - drain a small can of mandarins (in juice);
  - wash and slice seasonal berries;
  - wash and grate an apple or pear;
2. In glasses, create layers of fruit, wholegrain breakfast cereal and yogurt.
3. Eat and enjoy!

### Top tips

- Change up your fruit – go for things in season, and don't forget canned or frozen varieties too!
- Vary the wholegrain breakfast cereals – mix the flavours and shapes!
- Try different yogurt flavours.