



PEACH & NATURAL YOGHURT BAGEL

Breakfast or Mid-morning snack: This recipe provides a portion of starchy food.

Recipe adapted from: Magic Breakfast

Ingredients

90g (1 bagel) plain bagel
40g plain low-fat Greek yoghurt
8g (1 tsp) honey
80g peaches, sliced, canned in fruit juice, drained

Method

1. Slice the bagel in half.
2. Then take a bowl and mix together the Greek yoghurt and honey.
3. Spread the yogurt and honey mixture on the bagel.
4. Then cover with the sliced peaches.

Serving suggestion: toast the bagel before adding the yoghurt and fruit.



Number of portions this recipe makes:

2 primary servings (110g)
1 secondary serving (215g)



Prep: 20 minutes
Cook: 55 minutes



Allergy information:

Barley (gluten), milk, rye (gluten), wheat (gluten)



Top Tips

Try with different combinations of fruit, or try cinnamon and raisin bagels.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose bagels with less than 1.0g salt per 100g.