The Independent SCHOOL FOOD PLAN



Number of portions this recipe makes: 14 primary servings (235g) 10 secondary servings (330g)



Prep: 10 minutes Cook: 5 minutes

Allergy information: Milk, oats (gluten)



Top Tips Swap the banana for seasonal fruits. **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.

HONEY & YOGHURT PORRIDGE

Breakfast: This recipe provides a portion of fruit and a portion of dairy. It counts towards meeting the standard to provide a portion of fruit at time of the day other

WITH BANANA

Recipe adapted from: Eden Foodservice

than lunches.

200g oats

50g honey

Ingredients

2L semi skimmed milk

1g (¹/₄tsp) ground mixed spice

800g bananas, peeled and sliced

150g plain reduced-fat natural yoghurt

For this recipe: choose milk which is reduced fat (i.e. has a fat content of no more than 1.8g/100g).



We have asked Children's Food Trust to check this recipe against the School Food Standards, list allergens and ensure ingredients are aligned to the Government Works Well' recipe. The 'What Works Well' website brings together the best ideas Buying Standards for Food & Catering Services nutrition criteria (GBSF).

Public Health England has supported the School Food Plan to develop this 'What in school food & food education http://www.schoolfoodplan.com/www







Method

- Heat the milk and add the porridge oats and mixed spice 1. stirring continuously until it thickens, approximately 5 minutes.
- 2. Stir in half the honey.
- 3. Spoon the porridge in a bowl, top with a tablespoon of yoghurt and the sliced banana.

Serving suggestion: serve for mid-morning break in winter.