

February

Stripey Fruity Zebra



This recipe could be used as a dessert or as a breakfast - whichever you fancy! Don't worry too much about using the exact quantities given in the recipe below, you can adapt it however you like.

Serves 2

Ready in 10 minutes

Ingredients

2 peaches or nectarines (fresh or canned in juice)

50g (2oz) crunchy toasted oat cereal

150ml ($\frac{1}{4}$ pint) fromage frais

1 tbsp fruit jam

1 tbsp fruit juice



Simplest
Recipe

Method

Halve the peach/nectarine and chop into bite-sized pieces

Share the chopped fruit between 2 tall glasses, saving a few pieces for decoration

Layer the fruit, cereal and fromage frais so it looks colourful.

Stir the jam and juice together, then drizzle the mixture over the top. Decorate with the saved peach/nectarine and serve immediately

Breakfast like a king!

We know you've heard it before, but breakfast really is the most important meal of the day. There is plenty of research to suggest that breakfast skippers are more likely to be overweight, and also have poorer concentration and be more accident prone. You and your children therefore both need a healthy start to the day - try this recipe!