

SNACKS

YOGHURT PARFAIT OR HOME-MADE FRUIT YOGHURT

INGREDIENTS *(Makes 4 toddler portions)*

- 1 small tub plain yoghurt
- 1 cup chopped strawberries or whole blueberries (need to cut into pieces)
- 4 tbsp of plain corn flakes, lightly crushed

METHOD

- In a small glass or bowl, slowly layer with plain yoghurt, chopped fruits and cereal as shown in the picture.
- If desired, flavoured yoghurt can be made by mixing plain yoghurt and any fruit of choice that has been mashed. For example, you can add mashed bananas.



HEALTHY EATING TIPS

You can make your own fruit yoghurts using plain yoghurt and the fruit of your choice. This is healthier than store-bought flavoured yoghurts, which can be very high in sugar.