



Stage 4: Basic breakfast drink recipe

Ingredients

- 150ml dairy product such as milk or yoghurt
- 200g seasonal fruit
- 50g of breakfast cereal such as oats, cornflakes, muesli etc.
- Additional flavouring ingredients chosen by the children

Method

1. Weigh your ingredients carefully. Look at the weighing scales and work out where the dial needs to be for each ingredient quantity before you start to measure.
2. Prepare your fruit ingredients using the preparation methods that your teacher has modelled.
3. Put the ingredients in a blender, ensure the lid is firmly in place and blitz your ingredients until they have made a smooth breakfast drink.