Apple and yoghurt breakfast muffins

NZBR-003 · Week 1 / Wednesday · Source page 5

Yield: 10 muffins · Provisional 10 breakfast serves · Ages 3–5

INGREDIENTS

220 g wholemeal flour

8 g baking powder

2 eggs

160 g plain unsweetened yoghurt

35 mL canola oil

260 g peeled cored apple

2 g cinnamon



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Steam finely diced apple until soft and drain. Whisk eggs, yoghurt and oil. Fold in flour, baking powder, cinnamon and apple. Divide into 10 muffin cases and bake at 175°C for about 18–24 minutes, until set and a skewer comes out clean. Serve in soft pieces.

ALLERGEN CHECK

Egg, milk, wheat (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

The 20-day rotation changes the main dish and uses different methods across the month. The ten additional recipes offer replacements for equipment, supply or service constraints. Seasonal produce substitutions are treated as changes to the same recipe.

SERVING FOR TAMARIKI

Provide drinking water. Use starter portions and adjust for the child. Serve food seated and supervised, with age-appropriate textures and sizes. Keep bread tender and fillings moist. Review each individual feeding or allergy plan before service.

NEW ZEALAND REFERENCES

Healthy Food and Drink Toolkit for Early Learning Services KidsHealth New Zealand breakfast and meal ideas Bowen Early Childhood Education Centre meal examples Ministry of Health early learning choking guidance

KITCHEN TESTING

Weigh prepped edible portions, check actual yields, verify ingredient labels and cross-contact controls, and test the methods in the centre kitchen. Apply the centre’s food control procedures to cooling, reheating and service. Supplier costs and qualified review are pending.

https://menunio.com/kindergarten/breakfast/rotation/recipes/nzbr-003/

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