Blueberry and banana breakfast smoothie

NZBR-013 · Week 3 / Wednesday · Source page 15

Yield: 10 small cups · Provisional 10 breakfast serves · Ages 3–5

INGREDIENTS

350 g ripe peeled banana

250 g blueberries

450 mL pasteurised milk

250 g plain unsweetened yoghurt



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Cook blueberries according to the packet if frozen, mash and cool under the centre’s food control procedures. Blend with banana, chilled milk and yoghurt until smooth. Serve in 10 small cups immediately. Offer drinking water separately.

ALLERGEN CHECK

Milk

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-013/

AARTI REVIEW DRAFT