# Rolled oat porridge with nectarine and blueberries

NZB-0033 · Fruit breakfasts · Warm · 10 children

## INGREDIENTS

rolled oats · 240 g

pasteurised milk · 650 mL

water · 400 mL

nectarine · 175 g

blueberries · 175 g

Prepared produce weights are edible weights. Adjust portions and textures for the individual child.



Illustrative family serving; produce varies by recipe.

## PREPARATION

1. Remove skin and stone from nectarine, then dice and cook until spoon-soft.
2. Cook blueberries until soft and mash every berry. Follow pack instructions if frozen.
3. Simmer oats in the liquids, stirring, until spoon-soft. Swirl in the prepared fruit before portioning.
4. Divide the finished batch into 10 starting portions. Adjust texture and portion for the individual child.

## SERVING TEXTURE

Serve soft, manageable pieces or a moist mash. Seat and supervise children while eating. Use each child's feeding plan where applicable.

## ALLERGEN CHECK

Milk, oats (gluten). Verify product labels, substitutions, individual plans and cross-contact controls.

## SHARED INGREDIENTS

rolled oats, pasteurised milk, nectarine, blueberries

Approx. preparation 15–20 min + an extra 10-minute serving allowance. Cooking time varies. Estimates are not kitchen-tested.



Provisional batch for 10 children aged 3–5. Recipe review copy. Check individual allergy, nutrition, feeding and food safety plans. Cost estimate pending verification.