Rice and milk breakfast bowl with apple and feijoa

NZB-0054 · Fruit breakfasts · Warm · 10 children

INGREDIENTS

rice · 230 g

pasteurised milk · 650 mL

water · 500 mL

apple · 175 g

feijoa · 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. Peel and core apple, dice, then simmer in a little water until spoon-soft.
2. Scoop out ripe feijoa flesh, discard skins, then cook until soft and mash.
3. Bring rice and water to a simmer, then add the milk gradually and stir until rice is spoon-soft. Fold through the fruit and serve promptly.
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. Verify product labels, substitutions, individual plans and cross-contact controls.

SHARED INGREDIENTS

rice, pasteurised milk, apple, feijoa

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.