Semolina breakfast bowl with nectarine and apricot

NZB-0122 · Fruit breakfasts · Warm · 10 children

INGREDIENTS

plain semolina · 200 g

pasteurised milk · 850 mL

water · 250 mL

nectarine · 175 g

apricot · 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. Remove skin and stone from apricot, then dice and cook until spoon-soft.
3. Whisk semolina into simmering liquids. Cook gently, stirring until smooth and fully cooked. Swirl in fruit.
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, wheat (gluten). Verify product labels, substitutions, individual plans and cross-contact controls.

SHARED INGREDIENTS

plain semolina, pasteurised milk, nectarine, apricot

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.