# Millet breakfast porridge with apricot and blueberries

NZB-0220 · Fruit breakfasts · Warm · 10 children

## INGREDIENTS

hulled millet · 220 g

pasteurised milk · 450 mL

water · 650 mL

apricot · 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 apricot, then dice and cook until spoon-soft.
2. Cook blueberries until soft and mash every berry. Follow pack instructions if frozen.
3. Rinse millet. Simmer in the water until very tender, then add milk and simmer to a soft porridge. Mash coarse grains and fold through 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. Verify product labels, substitutions, individual plans and cross-contact controls.

## SHARED INGREDIENTS

pasteurised milk, apricot, 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.