Quinoa breakfast porridge with apple and plum

NZB-0230 · Fruit breakfasts · Warm · 10 children

INGREDIENTS

quinoa · 220 g

pasteurised milk · 500 mL

water · 600 mL

apple · 175 g

plum · 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. Remove skin and stone from plum, then dice and cook until spoon-soft.
3. Rinse quinoa well. Simmer in water until tender, add milk and cook to a soft spoonable consistency. 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, apple, plum

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.