Quinoa breakfast porridge with banana and feijoa

NZB-0249 · Fruit breakfasts · Warm · 10 children

INGREDIENTS

quinoa · 220 g

pasteurised milk · 500 mL

water · 600 mL

banana · 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 mash ripe banana just before incorporating.
2. Scoop out ripe feijoa flesh, discard skins, then cook until soft and mash.
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, banana, 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.