Soft cottage cheese breakfast bowl with nectarine and feijoa

NZB-0395 · Fruit breakfasts · Chilled · 10 children

INGREDIENTS

plain cottage cheese · 650 g

plain yoghurt · 250 g

nectarine · 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. Remove skin and stone from nectarine, then dice and cook until spoon-soft.
2. Scoop out ripe feijoa flesh, discard skins, then cook until soft and mash.
3. Mash cottage cheese curds with yoghurt until soft and spoonable. Portion and add cooled 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

plain cottage cheese, plain yoghurt, nectarine, 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.