# Ricotta fruit toast fingers with peach and feijoa

NZB-0435 · Fruit breakfasts · Warm · 10 children

## INGREDIENTS

wholemeal bread without whole seeds · 300 g

plain ricotta · 320 g

peach · 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 peach, then dice and cook until spoon-soft.
2. Scoop out ripe feijoa flesh, discard skins, then cook until soft and mash.
3. Lightly toast bread and remove hard crusts. Spread ricotta and a thin layer of mash made from the prepared fruit. Cut into tender fingers.
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

wholemeal bread without whole seeds, plain ricotta, peach, 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.