# Carrot and apple soft oat bars

NZTE-009 · Morning tea · Week 2 / Thursday · Source page 11

Yield: 10 soft bars · Provisional 10 snack serves · Ages 3–5

## INGREDIENTS

135 g rolled oats

130 g peeled carrot

170 g peeled cored apple

2 eggs

130 mL pasteurised milk

8 mL canola oil



Illustrative serving; follow ingredients and serving-texture guidance.

## PREPARATION

Grate carrot and apple finely, steam until soft and drain. Soak oats in milk for 15 min. Whisk in eggs and produce. Bake in an oiled shallow tin at 170°C until fully set, about 22–29 min. Cut into 10 soft bars.

## ALLERGEN CHECK

Egg, milk, oats (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

## MENU DESIGN

Use the morning tea column as an alternative to the morning tea already scheduled in the annual programme. Offer evening tea as an optional late snack. Check the day’s breakfast, lunch and afternoon tea to avoid repeating preparations. Seasonal produce substitutions are changes to the same recipe.

## NEW ZEALAND REFERENCES

Healthy Food and Drink Toolkit for Early Learning Services KidsHealth New Zealand breakfast and meal ideas Bowen Early Childhood Education Centre meal examples Ministry of Health early learning choking guidance

## SERVING FOR TAMARIKI

Provide drinking water. Use starter portions and adjust for the child. Serve food seated and supervised, with age-appropriate textures and sizes. Keep bread tender and fillings moist. Review each individual feeding or allergy plan before service.

## KITCHEN TESTING

Weigh prepped edible portions, check actual yields, verify ingredient labels and cross-contact controls, and test the methods in the centre kitchen. Apply the centre’s food control procedures to cooling, reheating and service. Supplier costs and qualified review are pending.

https://menunio.com/kindergarten/tea-menu/recipes/nzte-009/

AARTI REVIEW DRAFT