



Stack'em Up!

Start your morning with a tasty, fruity stack

INGREDIENTS (serves 2)

Select a couple of different fruits to include, a favourite flavour combination of ours is:

- ½ can of peaches (in juice), drained
- ¾ cup Anchor™ Greek Natural Yoghurt (200g)
- ½ can of pears (in juice), drained (sliced)
- 2 bananas, sliced
- 4 Weet-Bix™ wheat biscuits (crushed)
- 1 ¼ cups Anchor™ UHT Blue Lite milk (300ml)

- ✓ High Fibre
- ✓ Good source of calcium
- ✓ 2 Servings of fruit per serve
- ✓ High in Protein

METHOD

Place your peaches into a small bowl and using the back of a fork, mash into a puree. Add the yoghurt and stir to combine.

Take a glass or mug and start to layer your stack:

- Crushed Weet-Bix™
- Sliced banana and pears
- Peachy yoghurt
- Repeat!
- Pour over the milk when ready.

You can try any fruit combinations you want! Some yummy combinations include:

- Grated or stewed apple and feijoa
- Mandarin and pears
- Apricots and banana
- Berries and apple

Write or draw in your ingredients

