



under
5 mins

Allergens



HAZELNUT



BARLEY



WHEAT



MILK

Utensils



small bowl



2 spoons

You will need...



½ pot of
melon medley



150g low fat
yoghurt



2 Tbsp fruit and
fibre cereal



1 Tsp flax
seeds



1 Tsp
honey

- 1** In a small glass pot or a bowl, add the melon medley



Snack

Melon and Crunchy Bran pot (Uncooked)

- 2** Pour the yoghurt over the melon



- 3** Top with the fruit and fibre cereal



- 4** Sprinkle the flax seeds and drizzle the honey over the top



- 5** Enjoy your snack

