



# Crumpets with soft cheese and pepper slices

## What you'll need

- 4 crumpets
- 4 tablespoons full-fat soft cheese
- 2 medium green or yellow peppers, washed, stalk and seeds removed, and cut into strips

## Allergies

- Vegetarian
- Egg-free

Recipe makes  
4 portions

This recipe is  
for 1+ years



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## What to do

1. Toast the crumpets and cut each one into four pieces.
2. Serve with the soft cheese and pepper strips.

## For babies

Babies under 12 months don't need snacks between meals.

Serve with low fat soft cheese for over 5s in the family.

If you don't have pepper try other vegetables you may have at home instead such as cucumber, celery, carrots or tomatoes.

For adults double the quantity of veg per serving to get 1 of your 5 A Day.