



Yoghurt with chopped banana and blueberries

What you'll need

- 300g greek yoghurt
- 1/2 large or 1 small banana (80g), peeled and cut into fingers
- 1/3 punnet (80g) blueberries (cut any large ones in half)

Allergies

- Vegetarian
- Egg-free
- Gluten free

Recipe makes
4 portions

This recipe is
for 1+ years

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What to do

1. Spoon the yoghurt into small bowls and serve with the banana fingers and strawberries.

For babies

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

If you don't have bananas or blueberries, try other soft fruit you may have at home instead such as strawberries, raspberries or grapes (cut any large ones in half).

Remember you can use tinned fruit (in juice or rinse if you can only find tinned in syrup) or frozen fruit (thawed) too.

Swap to low fat Greek yoghurt for over 5s.

For adults, double the quantity of fruit per serving to get 1 of your 5 a day.