

Make your own muesli

INGREDIENTS	Porridge oats, muesli base, chopped dates, raisins, cinnamon, ginger
EQUIPMENT	Paper bags, desert spoons, bowls

How to make it

1. Each child needs a paper bag. They will need to write their name on the bag before the activity begins.
2. Pour the ingredients into bowls. Put a few spoons into each bowl.
3. Each child visits the different bowls, to measure out the ingredients into the bag.
4. 4 spoonful's of porridge oats and 2 spoonful's of muesli base should be added to the bag
5. 1 spoonful of chopped dates and 1 spoonful of raisin are measured into each bag
6. A pinch of cinnamon and a pinch of ginger are added to the bag
7. Holding the top of the bag tightly the ingredients should be gently shaken together

How it works

The recommended guidance for a balanced breakfast is 30 grams and this recipe provides around this (dependant on spoon volumes). Muesli is a good start to the day as it provides a mix of grains (muesli base contains oats, wheat, rye and barley) which provide slow release energy with the sweetness coming from dried fruit. This recipe is also high in fibre. The ingredients can be varied depending on what the class likes, so dried prunes and apricots can also be used but avoid fruits which have additional added sugars.

TIPS

Muesli base can be purchased online. If you cant find any you can omit it and replace it with bran flakes. The cinnamon and ginger are an extra and some children don't want them so these can also be omitted. The muesli can be kept for a few days before eating in the bag over as its not airtight it is best eaten within a few days of mixing the ingredients.

The ingredients can be added to the bag in any order.

HEALTH & SAFETY

- Wash hands before beginning
- Make sure the children don't eat the ingredients as they go along. Only the spoons should be going into the bowls - no hands!