



5 mins

Allergens



BARLEY



WHEAT



MILK

Utensils



spoon



bread knife



sharp knife and cutting board



Toaster

You will need...



one banana



one plain bagel

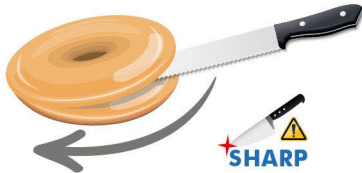
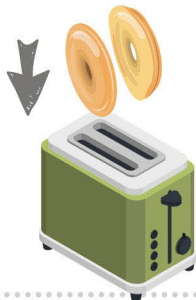


10g dried apricots



10g low fat cream cheese

1 Chop the bagel in half.



SHARP

Pop into the toaster on a medium setting

2 Peel and slice the banana



SHARP

Breakfast Recipe

Banana and apricot bagel

(Toasted)

3 Chop the diced apricot into small pieces



SHARP

4 In a bowl, add the cream cheese and apricot pieces and mix together

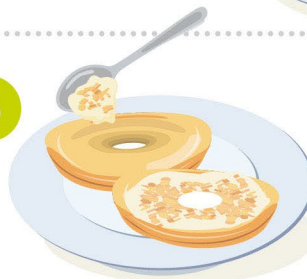


5 Pop the toasted bagel onto a plate



HOT

6 Top each bagel piece with the cream cheese and apricot mixture



7 Add sliced banana on top of the bagel pieces



8 Enjoy your breakfast

