



## Food For Thought Recipe and Allergen Card

### Fresh Fruit Yoghurt Crunch Pots

### 1 Portion

Ingredient	Hannah Product Code	Quantity
Fresh Fruit – raspberries, blueberries, pineapple etc		One large spoon full
Natural Yoghurt	C000311	One large spoon full
Flapjacks (as per FFT recipe) crumbled		
4oz pot	D000158	1 per portion

#### RECIPE METHOD – ALLERGENS

1. Chop fruit into medium sized pieces
2. Add to the bottom of one of the portion pots
3. Add one generous spoon of natural yoghurt
4. Sprinkle over the crumbled flapjack

The allergens highlighted in **RED** are present in this dish

Allergens:

Cereals : Wheat  
Rye  
Barley  
Oats  
Spelt  
Kamut

Milk

Eggs

Peanuts

Tree Nuts

Sesame

Fish

Crustaceans

Molluscs

Celery

Mustard

Soya

Lupin

Sulphites

May contain...