



Breakfast Fruit Boost



Suitable for vegetarians

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	66kcal	6.3g	1.6g	0.7g	0.1g
R1%	3%	7%	2%	4%	2%

Method

1. Drain the juice from the cans of Princes Pineapple Chunks and Peach Slices.
2. Put the cereal into 2 serving bowls and top with the fruit.
3. Serve with milk, and enjoy some fruity goodness at breakfast time!

Hint: If you want to serve more people, this recipe can be easily scaled up by using our bigger 410g cans.



Ingredients

1 x 227g can of Princes Pineapple Chunks with Juice

1 x 220g can of Princes Peach Slices with Juice

Low sugar breakfast cereal

Semi-skimmed milk, to serve