

HEALTHY KIDS MENU

Approved Recipe

*By Matt Golinski, celebrity chef and
Health and Wellbeing Queensland's
healthy food ambassador*

Greek yoghurt with Bananas, Blueberries, Macadamias and Maple Syrup

Simple, sweet and so pleasing on the eye, this desert will satisfy all the senses.

4 kids serves

Ingredients

- 500gm natural Greek yoghurt
- 20ml pure maple syrup
- 20gm macadamia chips
- 2 bananas (160gm), sliced into rounds
- 80gm blueberries

Method

1. Divide the yoghurt between four serving glasses.
2. Pour 5ml (1 teaspoon) of maple syrup on top and sprinkle on 5gm of macadamias.
3. Divide the bananas and blueberries between the four glasses and garnish with fresh mint leaves.



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