

Canteen meal idea- Trumps Granola Cranberry & Apple Yoghurt Cups



The Coronavirus (COVID 19) Pandemic has caused a lot of changes to our daily work and social lives. One thing that has kept constant is the importance of a well-balanced, nutritious diet for all ages.

To assist our members from different sectors, Procurement Australasia's Foodservice Ambassador, Dr Karen Abbey, will be sharing tips, recipes and developments in the foodservices industry.

This week we have a quick and easy recipe for our Education sector members.

Trumps Granola Cranberry & Apple Yoghurt Cups

Yoghurt cups are an easy-to-assemble meal idea for school breakfast programs or served at the school canteen. The ability to combine fresh and dried fruit, cereal and dairy makes it versatile and customisable to dietary requirements. These ingredients help pack yoghurt cups with protein, calcium, fibre and minerals for growing bodies and minds.

Approximate cooking time: 10 minutes

Makes 10

Ingredients

1 kg yogurt

$\frac{3}{4}$ cup maple flavoured syrup

1 kg of Cranberry & Apple Granola (Trumps)

1 punnet strawberries*

3 bananas sliced*

50g Dried cranberries (Trumps)

*any variation of fruit can be used

Instructions

1. Layer granola on the bottom of cup.
2. Add in a layer of yogurt and maple syrup mixture.
3. Add some fruit on top.
4. Add a second layer of granola.
5. Finish with yogurt and topped with fruit and drizzle of maple syrup.

Bidfood Code

Trumps Cranberry & Apple Granola #167163

Trumps Dried Cranberries #173401

Nutrition per serve (250g)

Energy 2602kJ Protein 14g Fat 19g CHO 93g Fibre 7g

Recipe by [Dr. Karen Abbey](#)

Foodservice Solutions

Procurement Australasia deliver high quality foodservice solutions by working with major manufacturing/supply partners, equipment partner and specialist foodservice consultants. Talk to us about sourcing fresh nutritious foods and consultancy for menu planning, operations review and training

