



Nutritionally balanced,
lovingly created Kindred Recipe

Peach and Strawberry Fool

Feeds a family of 5

Ingredients: 300g Peach and Strawberries –
40g per child
400g sugar free custard –
60g per child
60g oats

Method:

1. Chop and stew the fruit for 10 minutes or until soft. Allow to cool
2. Combine the peach and Strawberries to the custard
3. Sprinkle the oats evenly over the fruit and custard mix



All of our meals are homecooked and endorsed by qualified Nutritionists in partnership with Action for Children campaign 'Eat better, Start better' to meet the voluntary food and drink guidelines set by the Government.