




101 ATOMS EDUCATION

FUN AND EASY RECIPES

with 

RAINBOW BREAKFAST OATS

Equipment you will need:

1 bowl or cup per serving
cutlery

Ingredients:

a range of rainbow coloured fruits
1 tub of natural yoghurt
oats
sugar or sweetener

METHOD

1. Cut up the fruit into chunks or slices.
2. Add the sugar or sweetener, to taste, to the natural yoghurt and mix.
3. Spoon a thin layer of yoghurt into your bowl or cup then sprinkle a thin layer of oats on top.
4. Top with a layer of your purple fruit (e.g. purple grapes) then add more yoghurt and more oats.
5. Next add the blue fruit (e.g. blueberries) and, again, add the yoghurt and then the oats.
6. Continue to repeat in the following order - green, yellow and orange.
7. Stop layering the ingredients once the red fruit is added.
8. You can eat immediately or refrigerate.

NOTE: Pineapple will react with the yoghurt after a while - creating a not so nice taste - and so when using pineapple eat immediately for best flavour.

TIME TO MAKE: 10-20MINS

FOR EDUCATIONAL PURPOSES, YOU CAN USE OUR SCIENCE NINJA 'EAT A RAINBOW' BINGO CARDS TO SUPPORT THIS ACTIVITY.