**SNACKS**

**YOGHURT PARFAIT OR HOME-MADE FRUIT YOGURT**

**INGREDIENTS** *(Makes 4 toddler portions)*
- 1 small tub plain yoghurt
- 1 cup chopped strawberries or whole blueberries (need to cut into pieces)
- 4 tbsp of plain corn flakes, lightly crushed

**METHOD**
- In a small glass or bowl, slowly layer with plain yoghurt, chopped fruits and cereal as shown in the picture.
- If desired, flavoured yoghurt can be made by mixing plain yoghurt and any fruit of choice that has been mashed. For example, you can add mashed bananas.

**HEALTHY EATING TIPS**
You can make your own fruit yoghurts using plain yoghurt and the fruit of your choice. This is healthier than store-bought flavoured yoghurts, which can be very high in sugar.

Give Baby the right nutrition at every growth stage. See more recipes at [healthhub.sg/earlynutrition](http://healthhub.sg/earlynutrition)