

## Jane and Kerry's fruity rolls.

*The school kitchen at Ashton Vale Primary is run by Jane and Kerry. To help us learn about healthy breakfasts they came up with this simple and tasty recipe.*

This will make over 20 rolls	
This is what you will need:	
<u>Ingredients</u>	<u>Equipment</u>
1.5 kg of white bread mix.	1 bowl
500g of brown bread mix.	1 spoon
200g dried mixed fruit.	1 baking tray

*First, take care when buying bread mix. There are lots of different varieties out there and take time to look at the ingredients. The less ingredients in the mix the better and take care to avoid mixes with palm oil in them.*

*Basically, make up the mixes as directed on the packet then mix in the dried fruit. Portion the mix into small portion sized rolls. Bake the rolls according to the packet instructions.*

*Tasty and lots of carbohydrate to see you through the morning.*