

# Peanut Butter and Banana Weetabix

IDDSI Level 4 / 5 / 6

Breakfast

Recipe source:  
Rebecca (SLT)

Time to make: 5 minutes

Servings: 1

## Ingredients:

2 Weetabix biscuits

Enough milk to cover the biscuits

1 small banana broken into small pieces

1 teaspoon of smooth peanut butter (or any smooth spread of choice e.g. nut butters, chocolate spread)

## Instructions:

- Place Weetabix in a bowl and cover with the desired milk.
- Microwave Weetabix for 2 minutes then stir until smooth without lumps.
- Meanwhile, add broken banana to a bowl and puree with a blender (for IDDSI level 4), or mash the banana (for IDDSI level 5) or ensure in bite-sized pieces (for IDDSI level 6).
- Top the hot Weetabix with banana and a dollop of smooth peanut butter.



## Dietitian's Top Tips:

By adding peanut butter you will be increasing the calorie and protein content of this meal. You could also try doing this with porridge too.