# Little Ducks Childcare Birkdale

July/August 2018

## A note from your Centre Manager

Welcome to the new financial year and the beginning of the biggest childcare fee assistance reform since 1 July 2000. By now, all families need to have made the transition to Childcare Subsidy to be eligible to fee relief provided by the government. Some changes to processes you will now notice are that the fees and entitlements now work on a fortnightly schedule. Each Friday, the upcoming fortnight of fees will be charged, and a statement will be issued. There will be no changes to the direct debit system (will still remain Wednesdays), however now a fortnightly deduction will be made for all families, on the same fortnight. Please ensure that you have checked your emails for further information and contact me directly for an alternative arrangement, should one be required.

For the past three months we have been working on our reflections of Quality Area 3: Physical Environment, and Quality Area 5: Relationships with children. There have been many improvements to processes made along the way and I thank the families who have provided feedback. Moving forward, we are looking to create some upcycled, raised garden beds in the playgrounds. During my recent holiday, I visited the Wagga Wagga Men's shed and noticed these very unique raised garden beds. Upon enquiry, I discovered that they were in fact made out of old mud guards from trucks that had been joined together, making a circle. We are now collecting truck mud guards (If you have access to these, please let me know) and will be contacting our local Men's shed to assist with the construction of these. We are excited to begin this project and will keep you updated as we collect the resources. In our quest to exceeding QA5, we have reformed the way that children's behaviour is approached and addressed. By engaging in positive redirection, we have noticed a great reduction in the behavioural incidents that are occurring, and the increase in positive interactions and relationships that the children are forming. Next we move on to Quality Area 6: Relationships with Families and Community, and Quality Area 4: Staffing Arrangements. Throughout the next three months, we will be inviting your feedback through the unpacking of these areas so stay tuned. You will be invited for feedback through email, Storypark, prompting questions in the foyer, in person and via anonymous surveys. We look forward to celebrating progress and success together.



Cassie Maher

435 Old Cleveland Road East
Birkdale QLD 4159
Phone (07) 3822 5933
Fax (07) 3822 5977

birkdale@littleducks.com.au

# Upcoming Events!

## ***July***

Sunday 1st – 8th Naidoc Week
NAIDOC stands for National Aborigines and Islanders Day Observance Committee. Its origins can be traced to the emergence of Aboriginal groups in the 1920's which sought to increase awareness in the wider community of the status and treatment of Indigenous Australians.
Wednesday 18th – PJ Day! Supporting the Pyjama Foundation
No need to get dressed today, come along in your PJ's for a cosy, chilled out day. More information available closer to the date.
Friday 27th - TSI Indigenous culture show
Come along at 10am
Friday 27th – Crazy Hair Day
Help support the Leukaemia Foundation and the World's Greatest Shave by coming along with your craziest hair-do and a gold coin donation.

## ***August***

Wednesday 1st - **Aboriginal Children's Day –** 'Value our Rights, Respect our Culture, Bring us Home' is the theme for 2018.
Friday 3rd- Jeans for Genes day
Every dollar raised helps scientists at Children's Medical Research Institute discover treatments and cures, to give every child the opportunity to live a long and healthy life.
Monday 5th – 12th – Dental Health Week
Learning all about how to take care of our amazing mouths and teeth.
Monday 13th – Ekka
PUBLIC HOLIDAY
Monday 19th – 26th - Book Week
Bring along your favourite story to share and dress up as your favourite book character on Wednesday 22nd!
BOOK WEEK THEME: FIND YOUR TREASURE!
Thursday 31th - Drum Beats Australia Show – 10am.
Join us in learning how to tap into rich universal traditions of using music and rhythm as a tool of communication and develop the ability to express ourselves rhythmically in a positive way!
Friday 31st- **Father's Day Afternoon tea**
Come along for a special Afternoon Tea to celebrate our dads. Starting 3:00pm.

***School holiday community events***

Thursday, 5 July 2018 | 10am – 2pm
School holiday fun at IndigiScapes. Enjoy a free family day out these school holidays. Cultural display, bush tucker baking, weed weaving, nature scavenger hunts, clay play and other activities. No bookings required.

Tuesday, 10 July 2018 | 9am – 2pm
REDLAND BAY GOLF CLUB, NORTH STREET, REDLAND BAY 4165
Bricks City Engineers Lego Workshop

Thurs, 12 July 2018 | 10:15 – 11:15am
REDLAND MUSEUM, 60 SMITH STREET, CLEVELAND
Family Rock Animals

# Policy Reviews

We value your input and feedback ….. The policies/procedures in review during July and August are:

- Anti-bias and cultural diversity
- Authorised persons who arrive in an unfit state to collect children
- Manual handling and back care
- Programming
- Educator professional development
- Transport

Ways that you can provide feedback are:

- In the feedback folder, near the sign in and out books
- In person, or over the phone
- As a reply to a Friday email
- On Storypark

# Educator Spotlight ...



## Miss Emma!

Miss Emma joined our team in 2016 after moving to the greater Brisbane area from her home town of Gladstone. She originally started in our Junior Kindy room, making a change to the Senior Nursery room for a year, then heading back to the Junior Kindy room in 2018 where she is most confident. Emma has a passion for children's early development and enjoys facilitating with play based experience to assist children in reaching their milestones. She identifies that all children that develop at their own, unique rate and provides creative experiences that facilitate learning for all children in her environment, regardless of ability.

# 4 Easy Nutrition Tips To Grow Healthy Kids

We all want our kids to grow and be healthy. It can help to keep the end-game in mind, because feeding kids well becomes easier if we provide structure and consistency.
We asked Deb Blakley, Yummies' nutrition consultant and Accredited Practising Dietitian for her Top 4 easy nutrition tips to help parents and carers grow healthy kids. She came up with these…

**1. Serve food you want your kids to learn to like**

Eating a variety of food is a learned skill and like any skill, some of us will take to it like a duck to water while others need time, support and practice to master it. If we only offer foods we know that our kids already accept and eat (their "safe" foods), they will never learn to like other foods. By offering foods you want your kids to learn to like alongside foods they already eat, we give them a chance to grow.

Research shows that parents and carers give up offering new foods too soon. However, if we continue to offer our kids a variety of new foods every day, they will gain confidence as food learners and push themselves along. The trick is to do this without pressure to taste, try or eat! It takes patience, persistence and time.

**2. Be choosy with sugar**

Sugar has had a bad rap in recent years. As a society, we've developed a love-hate relationship with sugar which isn't healthy for us or our kids. We also know that kids LOVE sweets. Children have an innate preference for sweet-tasting foods, beginning with the slightly sweet taste of breastmilk as babies. This sugar-seeking skill is likely a survival instinct to search out life and energy giving food! As children grow, their taste-buds mature and other flavours become desirable too.

If kids are filling up on a lot of highly processed and high sugar foods, there isn't much tummy room left for other foods. It's our job as parents and carers to ensure that kids are getting the balance right with sugar.

In our abundant food supply, sugar can be found in many foods. There is naturally occurring sugar in fruits and dairy products and sugar also appears as the main ingredient in many of the highly processed foods available on our supermarket shelves. It is these foods that make it easy to over-do sugar for our kids, and for us too. Foods like sugar-sweetened drinks (e.g. soft drinks, cordials and even fruit juices) can contain up to 5 teaspoons of sugar in every 250mL without the other nutritional benefits.
So be choosy with sugar. Choose foods where sugar is a natural ingredient like fruit or where it keeps company with other nutritious ingredients for your kids to eat as their staples every day.

**3. Avoid unnecessary additives /look for short ingredients lists**

When choosing packaged foods, looking at the ingredients list can make things simple. We want our kids to be eating "real" food. Don't be bamboozled by what to look for. To find the least refined and additive-free convenient packaged foods, simply ask these 2 easy questions:

1. Is the ingredients list short?
2. Does it contain foods that you recognise?

*Happy shopping!*

**4. Pick from nature's snack box**

Following on from #1 –Serve food you want your kids to learn to like, most parents want their kids to eat more fresh foods. Fruit and veggies are most often at the top of that sometimes lengthy wish-list! These foods can be more challenging for our kids to learn to like, so giving them lots of opportunities to explore these foods without pressure to eat is the key to success. Regularly including fruits and veggies as part of regular meals and snack times is like picking treats from nature's snack box. Don't just offer these foods at dinner time, when kids appetites are not so great. Try serving them at times of the day when your kids are at their best for eating. This may be breakfast or morning or afternoon snack time. When kids are hungry and happy, they are more likely to be ready to learn about new foods. On the other hand, if your kids are tired, cranky and not at their best then your expectations may need to be a little lower regarding food exploration at that meal or snack!

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***Above all else, enjoy the food journey with your kids and eat happy!***

# Junior Nursery Achievements!



The last two months have represented a miracle of growth, development, and warm relationships, as each of the children has progressed dramatically. Kade and Zian are walking everywhere so confidently. Jasmine is standing alone, and very close to walking. Xavier and Scarlett are standing alone and are becoming more confident in climbing on the obstacle course. Naythan is communicating much more, clapping his hands, and responding to his carers and his friends more. Sophia and Charlotte are sitting up a lot more steadily. Harrison, Billie, and Skyler have moved up to Senior Nursery, after being in Junior Nursery, and learning and having lots of fun with us.

We welcomed our new friend, Mason, to Junior Nursery in June. Mason appears to enjoy playing outside in the fort, and playing with button toys, such as our turtle, which when you press all the buttons, the head pops out, which Mason had no trouble being able to do.



Our focus on sustainability for the last two months has been not only recyclables, but we have also shown the children how to place compost in the small compost bin. The children have constantly been using the recyclable items, becoming more creative with them. The butter containers have been used by the children to place all sorts of items inside such as spoons and balls. This month's sustainability theme is the conservation of water, so we show the children how to wash their hands, and we turn off the tap when they are finished, and we tip our water bottles into the plants in our room. To incorporate the concept of the worm farm, Miss Emma brought some worms to our room. The children sat on the floor and watched the worms wriggling around.

We have celebrated many wonderful occasions in the last two months. The children appeared to enjoy their mums coming up to celebrate Mother's Day afternoon tea. Our children were offered some special experiences like drawing Mother's Day cards and playdough, to show mum how clever they were.



On the 15th May, we celebrated the International Day of Families, participating in play with our "Little People" doll families, and felt figures that also represented a family.

To commemorate Sorry day, the children painted a little man the aboriginal colours, which are red, yellow and black. The children seemed to enjoy this activity and we placed our little painted man on the wall.

The 1st June was International Children's day, which we celebrated by having lots of fun with the children. They played with balls, bubbles, and balloons, and appeared to heartily enjoy themselves.

To commemorate Mabo day, we adopted a more child friendly land acknowledgement, which the children seem to enjoy.



On the 5th June, we celebrated World Environment day. The theme this year was war against plastic. We brought in some cloth bags, put out some play food, and showed the children how to place their "groceries" into a bag.

Miss Kristy and I have had a marvellous time in the last two months becoming closer to and delighted by the amazing Junior Nursery. Thank you for giving us the opportunity to share in a small part of your child's miraculous journey through babyhood.

Miss Kristy and I will continue our ongoing theme of nursery rhymes, songs, and animal noises to familiarise the children with the amazing array of subjects in these educational tools.

Different areas in the room have been designated with different themes. We have incorporated a soft area for the crawling babies, an active area for recyclables, sensory experiences, and art experiences. The children are free to choose in which area they wish to play, engendering their sense of identity, and agency.





I hope this newsletter finds you and yours, well and happy, and if there is anything you wish to discuss with myself or Miss Kristy, be assured that we will always welcome your input.



Next month, we welcome Miss Kayla to the Nursery and look forward to building a long, and happy partnership together.

Miss Debbie and Miss Kristy

# Senior Nursery Success!



Well we have reached that part of the year where we are half way through and the children are moving forward in their development in leaps and bounds. Recently we have had our transitions occur from the nursery to the Senior Nursery. The children have settled in so well and are developing friendships within the room through play.
We have explored sensory in the last few weeks as well creating a table with different materials on it that the children can feel. These range from soft to hard to squishy to shiny and everything in between. This came after we read a book bought in by Keegan about trucks and how they couldn't be his favourite truck as the sensory materials were different. We have also been exploring literacy in learning by reading various stories for our group times about colours, the environment, potty training and families. We are still reading the children's favourite stories from home so if you have any that you would like to bring in that would be great.



Our sustainability has seen us learning about water conservation and the ways in which we can reduce, reuse and recycle our materials. We had a giant dinosaur from recycled boxes that we painted. We also added boxes outside to the sandpit and the children's imagination took off. The boxes became boats for 'row row your boat', hide and seek places, trampolines, houses and much much more. These experiences also fostered co-operation and social development.
As always dancing has been a popular pass time in the Senior Nursery with the wiggles being the favourite (and only) music they like to dance to. We have extended this learning by adding instruments to the play and streamers as well that the children can express themselves with. They have extended their own learning by holding hands and dancing in circles.



We have celebrated many events from Mother's Day, world environment day, sorry day, international day of families, allergy week and red nose day. These events help link the children to community, learn compassion for others and about others way of living and cultural heritages, traditions and customs.
Health and hygiene comes in many forms and is a big part of the curriculum in Senior Nursery as we educate these little geniuses about ways in which they can help in their world. Hand washing procedures, dental hygiene and foods needed for our bodies are just some of the discussions and learnings that happen during the day. While eating their morning tea, lunch or afternoon tea we are discussing the benefits of the foods for our bodies. For example; milk and yoghurt provide great calcium for our bones and teeth to be big and strong. We are also learning about rinsing our teeth after a meal to keep them clean and healthy and how to correctly brush our teeth.
Moving forward we will continue to educate and inspire the children daily. We will be implementing a dish washing and self help area to encourage the children to learn skills including responsibility and routines. Also moving forward one of our big goals is language and extending this for all children to feel confident in saying sentences and using their words more!



Thanks for reading,
Tara and Tahlia





# Toddler Triumphs!



Hello and welcome to this month's edition for the newsletter! As you know, for the month of June we had the children transition into the Toddler Room where they begin their new journey. The children have settled in nicely and feel safe and secure around the new staff members, Bree and myself Shannon as well as their new friends. As they moved into the room, we focused on the children and making sure they settled in and they were comfortable within their new environment. As we focused on this the children are happy, settled and have been making friends and bonds with their new educators. We then begun to get to know them, what they liked and what they don't like, what interests them and what doesn't. Through-out the last month, the children have been working on their goals, which were set by you as parents. Bree and myself added in some goals, that we wanted to see the children achieve as well. The children have been achieving their milestones/goals or working towards the bigger goals/ milestones like toilet training. As educators it makes us happy hearing feedback from you as parents as we know were on the right track for the children to reach their goals. So thankyou we appreciate that.





The month of June has been great! The children really loved playdoh and adding in letters or even cutting the playdoh. The children also learnt about recycling for sustainability practices. The children then turned what they learnt into making towers out of recycled material. The children then moved on to learning about water waste and how to save water. We brainstormed ideas and we came up with turning the tap off when washing hands (of course when the tap water isn't needed) as well as using our water from our bottle at the end of the day to water the plants.



The children have also been practicing kicking balls for their move and groove goal this month as well as throwing/catching. They have also enjoyed, Home corner, construction and arts and craft by using their cognitive skills along with their fine and gross motor skills to create. The children also enjoy spontaneous play! This is when the children pick what they want to do for the day and it wasn't planned.



As we move on to a brand-new month, July, we have had the question up on the board for new goals! Thankyou to everyone who wrote on the board and listed new goals for your child! We will be focusing on these goals with your children as well as adding any goals we have for them as well. If you have any questions/feedback feel free to see one of us! We will also be having fun and celebrating the July events such as PJ day!

That is all for this edition of the newsletter.

Bree and Shannon











# Junior Kindy Victories!



We have had an adventurous couple of months and we are so happy to have everyone here to join and support us in the journey! So, what's been going on? Here is a couple of the many things we've been doing …

We have welcomed some new friends to the Junior Kindy room! Anyone would think they have been here the entire time as we are all settled and making friends with one another. This transition gave us a chance to encourage being helpful and supportive to one another and lending a hand when one of us may need one. It has been great to see everyone being supportive and kind and we will continue to encourage this. We want everyone in this room, whether it be a child or adult to feel safe, secure and supported!

One of our main topics of interests in the last few months has been animals – small ones, big ones, green ones, yellow ones, ones that fly, crawl, slither, hop, skip and jump! One animal that parents may have noticed around the room is spiders! This interest had occurred from Max and his mum after mentioning that Max loves spiders! We are glad we found out because the topic has given us many ways to extend, research and investigate! We have extended the topic in many ways – making our own hanging spiders from recyclables, painting our own interpretations of spiders, making a massive spider web to play with! This has also led onto another big animal interest lately .. birds! We are excited to see what activities come from this! Not a day goes by without one of the Junior Kindy children mentioning an animal or wanting to do an animal centred activity. This has also given the educators a chance to speak to children about safety around animals like if we see a spider, we can look but we leave them alone in their homes!





Everyone in the room have been working towards achieving their goals over these last few months. Sometimes achieving these goals can be overwhelming and difficult but the Junior Kindy educators have been guiding and helping everyone in their journey. It is great to see this groups courage and confidence grow as each day passes, as they take new risks like climbing up higher than they have before or making bonds with new friends in a new environment. We will continue to work on current goals and new goals and will be there to help and cheer them on every step of the way!

There is so much more to come! You may have noticed some changes around the room. The room grows as the children do and matches their interests. One of our new areas is a construction area as this is another new topic! We will be extending and fostering learning about this through numeracy and literacy activities as well as hands on play! We may even get a visit from Emma's partner, and his construction vehicle and Miss Kerri will be bringing in her digger from home to use! Keep an eye out on the changes around the room and what we've done!

We are also now in winter so as a reminder to please dress your children in warm clothing and enclosed shoes, so we are snug as a bug! As always, if you have any suggestions, queries or just want to have a chat, you can find Myself, Miss Emma or Miss Rylee around the centre, we are always willing to have a chat. Thanks for reading, we look forward to the next couple of months together!



Love Miss Kerri, Miss Emma and Miss Rylee.







# Kindergarten Creation!



Unbelievable! Winter is here, six months have passed so quickly, we are half way on our learning journey!!!!! The kindergarten group are immersed in a range of activities that have begun from the children's interests. The children are responding to real life experiences such as the recent rain and how the changing weather effects the growth of the plants in our environment and the many bugs, ants and other small creatures found in it. The children have been flourishing, sorting, counting and patterning in maths, writing letters and shapes, being scientists and exploring the world around them daily.

The kindergarten group enjoy making decisions about indoor and outdoor play and we have seen some great co-operation as the children invent their own games in dramatic role play. Dramatic play is a daily favourite for most of the children in the kindergarten room. The home corner transforms into a baby nursery, a hospital or an animal park. As a large group of children love playing with dolls, we occasionally set up our home corner with dolls and their accessories. The children are great carers and look after their babies perfectly. There are many lovely moments of social and emotional feeling observed, with lots of gentleness as well as shushing, rocking, cuddling and singing to the dolls.



Recently the children have also shown interest in role play and over a couple of days they began to act out being doctors and also pretending to be sick patients, so we extended on the children's interests by turning home corner into a doctor surgery/hospital by adding beds and medical kits which the children are really enjoying. They have been turn-taking being doctors and sick patients and enjoyed using mass, stethoscopes, tweezers, bandages and medicine cups to act out being doctors attending to their sick patients laying down on the beds for the doctor to attend to them communicating how/where they are sick. It's great seeing the children gaining confidence and communicating through role play, extending on their own imagination with enthusiasm.

Learning about and recognising basic shapes is so much joy and motivating when it is hands-on, playing with popsicle sticks with velcro and forming shapes, letters and numbers while they stuck together. However, some children prefer to write their own names and words as they are experimenting with letters and number writing to represent their ideas. Awareness of books having a title page, beginning, middle and end has been witnessed each day. Our book corner is very popular, many children love sitting with a book and chill out during the days.

Over the last month Miss Renee has introduced the Hairy Maclary books to the children. Story time has become a very enjoyable part of our program as we use these books to develop our memory recall skills as the children are encouraged to remember the names of the dogs. They are connecting with letters as they recognise what each dog name starts with and joining in telling the story as they become more familiar with it. We have also learnt what type of dog each dog in the book is and discussed what pets we have at home. There is also lots of rhyming words in Hairy Maclary, so we are beginning to connect with rhyming words. The stories have engaged children in discussions and using language to express ideas and opinions. Book time has also extended to out in the yard as we sometimes take out a box of books, set up a mat and sit under a tree or a nice shady spot. Literacy and love of books is such an important skill to have and we believe the children learn so much from a simple book!



Recently we received brand new resources including new home corner dress ups.

# Kindergarten Creation!



These have become very popular, so we have been encouraging the children each day to put the clothes back on the rack themselves so that our new resources continue to be kept nice and looked after well. Many children have responded really well to this and are so proud of themselves as they act with independence and take care of our home corner!

We encourage the children to be as independent as possible in Kindergarten. This means supporting them to pack and unpack their own bags, look after their belongings and tidy up after themselves. Please can you continue to help us by encouraging your child to unpack his/her own bags and organise their own belongings on arrival at Kindergarten?



Earlier in the year we set goals for each child. We have continued to work on these goals through various activities that the children engage in each day. We will soon be looking forward to having chats with you about what goals you have in mind for your child going forward and what you would like us to focus on as we hurtle towards the end of the year getting them ready for school! Please feel free to discuss these goals with us and provide us with any information about what you would like us to focus on with them as we are only too willing to talk with you and work together toward their goals. The children have made such great progress since the beginning of the year and we are all very proud of how far they have come and the effort they have been putting into their learning. Next school term the transition to school program will begin, providing the children with the opportunity to access Birkdale South State School where the children going to the school will have the chance to become familiar with the environment to ease their transition to school. If you would like any information regarding when this starts, please don't hesitate to ask!



One such goal that has been a focus for many children has been social skills, developing cooperation, listening, turn taking, using our words and kindness toward others. We have achieved this through many group games in the outdoor environment. Some of our favourites have been What's the time Mr Wolf, stuck in the mud and hide and seek. Through regular engagement with these activities the children are learning to share the role of the wolf for example and that it is ok to not always be up as games are for having fun with our friends. We have also regularly been doing cooking experiences, which the children love! Every Friday they have been enjoying ending their week eating what we have made for afternoon Tea. Again, through repetition they are learning rules and routines associated with this experience and appropriate behaviours to ensure hygiene is maintained. Other social activities have involved group art experiences where they have to share resources and use their words to communicate, science experiments and mat times. They have come such a long way over the last month or so demonstrating more readiness to go to school!









Csilla, Renee and Holly

# Schoolies Scoop





Firstly, I would like to introduce myself! I am Denise and I have recently made the transition from the Fortitude Valley centre, to here in Birkdale. Not only have I taken on the role of Schoolies Lead educator, I also Lead in the outdoor environment, and our sustainability program.

This past month the schoolies have really shown their fun and creative side, with each of them having loved the opportunity to feel free and supported within the classroom. The before and after school program is a recreational program that gives the children a break from formalised learning, and take a more play based approach. There have been some great improvements made to the program for our school aged children recently so read on to hear all about it.





Every afternoon all children have the opportunity to join together as a group in the Junior Kindy room and have an afternoon snack, and as group we discuss the experiences we would like to engage in for the afternoon. Once we have reflected on this, the children then freely move around the room with a plan in mind and choose to the experiences they wish to engage in or create until their home time. Through these experiences, skills are developed such as communication, resilience, problem solving and gratitude. All very important life skills for a child growing through the ages of 6-12 years.



I have taken the time to create individual folders for each of the children, and with these folders it allows each of the children to express their own creative expression on their own experiences through both drawings and writing. We have allowed for each of these folders to go home with their owner, on the condition they come back the next day that they attend, so they can continue to document the experiences that they have engaged in, and the experience they have enjoyed. It is our goal to have these individual folders as a reflection of their own life experiences and to reflect on their time with us at Little Ducks, and have the opportunity to fill them with a wealth of memorable experiences to take home to reflect on at the end of the year.







For the month of July I'm hoping to introduce more cooking experience, lots of laughs and life long friendships.

We have our second lot of school holidays now upon us and during this time, I aim to have the children help choose our main experiences and activities, making it a really fun time for them, as I feel this is their time to have a holiday and relax from the daily pressure of school.

Miss Denise

# Healthy Habits!

## Ingredients:



- 5 large red apples
- 100 grams of fresh blueberries
- 1 teaspoon of cinnamon
- 1 cup of cloudy apple juice
- 2 tablespoons of flaked almonds
- 200 grams of rolled oats
- 50 grams of whole almonds
- 4 tablespoons of honey
- 2 tablespoons of coconut oil
- 2 cloves

## Optional Extras:

- Replace the oats with your favourite gluten-free muesli if you are gluten intolerant
- Maple or agave syrup can be used instead of the honey
- Frozen blueberries can be used instead of fresh ones
- Serve with a dollop of Greek yoghurt

## Method:

- Remove the core from the apples and cut into medium-sized cubes.
- Place the apples into saucepan along with the blueberries, apple juice, cloves and half a teaspoon of cinnamon.
- Simmer on low heat for 25 minutes or until the apples begin to break down and soften. Stir often to ensure the apples aren't sticking to the sides or bottom of the pan. If the mixture is becoming too dry, add a little water or more apple juice if necessary.
- While the apples are cooking, blend the oats, honey, whole almonds, coconut oil, and half a teaspoon of cinnamon in a blender until combined.
- After 25 minutes remove the apple mixture from heat and place into several small baking dishes or one large baking dish.
- Cover with a crumble mixture and place in a preheated oven and cook 180 C for 20 minutes.
- Once the crumble mixture has turned golden brown remove from the oven, top with flaked almonds and serve.

**Serves:** 5. Calories per serve: 337