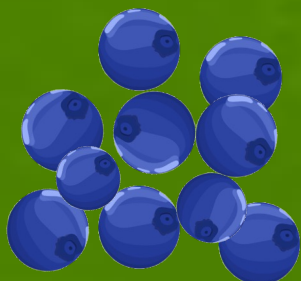


Breakfast

HAPPY BUG'S BANANA BLUEBERRY PANCAKES



When your child eats these yummy ingredients,
look what they turn into in Rumbledom!



Blueberries =
Blueberry Bubbles
sent up Blue Tube



Banana =
Cooly Bug's hammock



Ingredients

1 egg
1 banana
8-10 blueberries
1 tbsp Greek yoghurt
1 tsp honey/maple syrup
Olive oil to fry



Serves 2
5-10mins to prepare
135 calories/serving
Vegetarian
Gluten free

Method

1. Mash the banana and add to whisked egg. Mix together well.
2. Pour about 2 tbsp of mixture into a frying pan with olive oil and fry until cooked both sides. This should make about 4 small pancakes.
3. Add the Greek yoghurt and blueberries.

This has
0.6g of fibre
and will help feed
your Belly Bugs!

Reference intake:
Fibre 0.6g
Protein 4.7g
Carbohydrates 13g

Tip: add nuts or seeds to increase the fibre.

Swap the Greek yoghurt for coconut yoghurt for dairy free.

Each 100g portion contains:				
ENERGY	FAT	SATURATES	SUGARS	SALT
565kJ 135kcal	6.8g	2.5g	12g	0.13g
7%	10%	13%	13%	2%