

Breakfast

BORBY'S

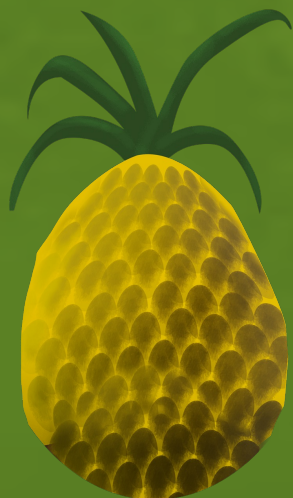
BREAKFAST MUFFINS



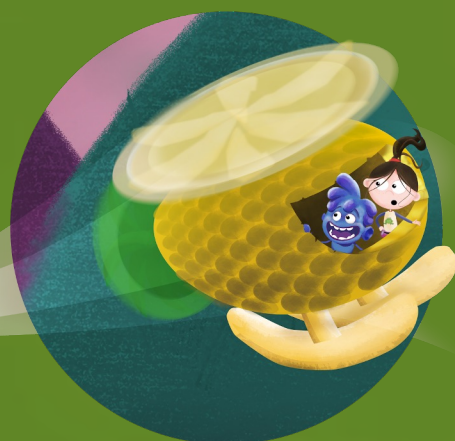
When your child eats these yummy ingredients,
look what they turn into in Rumbledom!



Oranges =
Cooly's headphones



Pineapple =
Bellycopter



Ingredients

1 medium orange zest and flesh (drained)
1 cup (165g) chopped pineapple (drained)
1 large carrot grated
2 small eggs
1 tbsp olive oil
2 tsp of vanilla essence
2 tbsp honey/maple syrup
240g wholemeal flour
2 tsp cinnamon
1 tsp baking powder
1 tsp bicarbonate of soda
½ tsp salt

Method

1. Add all the fruit, veg and wet ingredients and mix together well.
2. In another bowl, mix the remaining dry ingredients together.
3. Add the dry mixture to the wet mixture and fold gently.
4. Spoon into 12 cake cases and bake for 20-25mins.

Tip: Swap the orange for banana and add nuts or seeds to increase the fibre.

Serves 12
40mins to prepare
and cook
113 calories/serving
Vegetarian

This has
2.7g of fibre
and will help feed
your Belly Bugs!

Reference intake:
Fibre 2.7g
Protein 3.6g
Carbohydrates 18g

Each 42g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
475kJ 113kcal	2.2g	0.4g	5.5g	0.53g
6%	3%	2%	6%	9%