

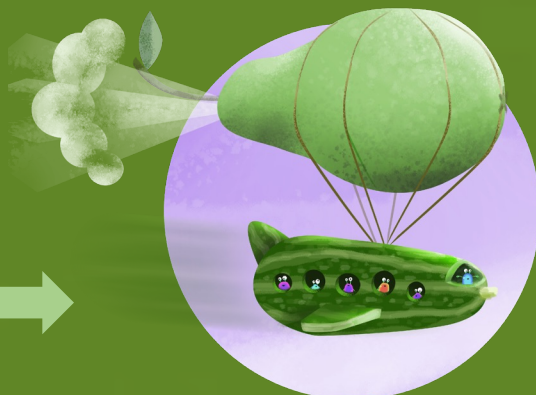
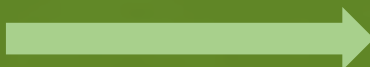
Breakfast

FLICKY BUG'S FRUITY OVERNIGHT OATS

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



Pear =
Pearship



Strawberries =
Belly Deli



Ingredients

60g porridge oats
160g milk/non-dairy milk
unsweetened
2 tbsp chia seeds
1 tbsp of vanilla essence

Toppings:
6 strawberries
1 small pear
1 tsp honey/maple syrup

Method

1. Mix the oats, milk, chia seeds and vanilla together and store in a jar in the fridge overnight.
2. Pour the oat mixture into 2 bowls and top with chopped pear and strawberries.
3. Drizzle a tsp of honey or maple syrup on top.

Tip: this can be stored in the fridge for 2-3 days. Can use gluten-free oats.



Serves 2
5mins to prepare
then leave overnight
238 calories/serving
Vegetarian

This has
9.1g of fibre
and will help feed
your Belly Bugs!

Reference intake:
Fibre 9.1g
Protein 7.5g
Carbohydrates 32g

Each 213g portion contains:

ENERGY	FAT	SATURATES	SUGARS	SALT
997kJ 238kcal	7g	0.9g	11g	0g
12%	10%	5%	12%	0%