

Breakfast

COOLY BUG'S CRUNCHY APPLE DOUGHNUTS



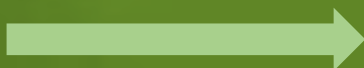
When your child eats these yummy ingredients,
look what they turn into in Rumbledom!



Apples =
Cooly Bug's drumsticks



Strawberries =
Belly Deli



Ingredients

1 apple
1 tbsp of peanut butter
20 mixed berries



Method

1. Core the apple and cut into round slices.
2. Add peanut butter or any nut butter.
3. Sprinkle mixed berries on top
4. Try different toppings like grated cheese and cress, honey, nuts and seeds and plain yoghurt with cinnamon and pumpkin seeds.

Serves 2
5mins to prepare
111 calories/serving
Vegetarian

This has
3.1g of fibre
and will help feed
your Belly Bugs!

Reference intake:
Fibre 3.1g
Protein 3.7g
Carbohydrates 11g

Tip: You can also use a bottle lid to cut the hole in the middle of each round slice to remove the core. Leave the skin on for extra fibre.

Each 110g portion contains:				
ENERGY	FAT	SATURATES	SUGARS	SALT
466kJ 111kcal	5g	0.9g	9.5g	0g
6%	7%	5%	11%	0%