

COOLY BUG'S

NUTTY BANANA ROLL UPS

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



Banana =
Roof bars of the buggy



Peanut Butter =
Glue for Geeky Bug



Ingredients

1 Banana

1 Wholemeal Wrap

2 TBSP of Peanut Butter

Small Handful of Dark Chocolate Chips

Method

Simply spread the peanut butter on one side of the wholemeal wrap. Sprinkle slices of the banana and the chocolate chips evenly before rolling up the wrap.

Optional: Why not swap out the dark chocolate chips for something else such as desiccated coconut, currants, cinnamon or dried chopped up apricots!

This has
10g of fibre and
will help feed your
Belly Bugs!

Reference intake:
Fibre 10g
Protein 16g
Carbohydrates 73g