

Breakfast

CHOMPY BUG'S

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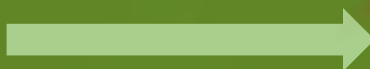
YOGURT BARK



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



Banana =  
Roll bars of the buggy



# Ingredients

500g Greek yogurt  
2–3 tablespoons honey  
1 teaspoon vanilla extract

Optional Toppings:  
Mixed fresh berries  
Sliced Banana  
Almonds and Hazelnuts

Each portion has  
**1.5g** of fibre and  
will help feed your  
Belly Bugs!

Reference intake:  
Fibre 1.5g  
Protein 3.5g  
Carbohydrates 15g

## Method

Start by lining a baking tray with parchment paper. In a bowl, mix the yogurt with the honey and vanilla extract. Pour the yogurt mixture onto the lined tray and spread it out evenly to about ½ cm thick.

Scatter the mixed berries and chosen toppings evenly over the yogurt, pressing them down lightly so they stick.

Place the tray into the freezer for about 2–4 hours, or until the yogurt is fully frozen and firm. Once set, remove the tray from the freezer and break the yogurt bark into pieces with your hands. Serve immediately, or store the pieces in an airtight container in the freezer for up to 1 month.