

Lunchbox

COOLY BUG'S NUTTY BANANA ROLL UPS



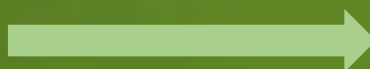
When your child eats
these yummy ingredients,
look what they turn into
in Rumbledom!



Banana =
Roll 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