

Breakfast

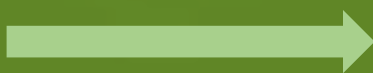
FLICKY BUG'S BELLY BUG CRUNCH



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



Kiwi =
A compass for Flicky



Melon =
The Bouncy
Buggy.



Ingredients

250g oats

1 tbsp of olive oil

1 tbsp cinnamon

2 tbsp pumpkin seeds

1 tbsp sunflower seeds

2 tbsp honey (not suitable for infants under 1 year old) or maple syrup

Topping

slices of melon

kiwi fruit

Method

1. Pour oats, honey, oil, cinnamon and seeds into a bowl and mix well.
2. Spread onto a baking sheet and bake for 15-20 mins, mixing after 7 mins to cook evenly, until golden brown.
3. Serve with fruit like melon, kiwi and Greek yoghurt.
4. Store leftover Belly Bug Crunch in an airtight container for up to 5 days.

Tip: add nuts or seeds such as pomegranates to increase the fibre. Swap the Greek yoghurt for coconut yoghurt for a dairy-free option.

Serves 6
30 minutes to
prepare and cook
220 calories/serving
Vegetarian

This has
4.3g of fibre and
will help feed your
Belly Bugs!

Reference intake:
Fibre 4.3g
Protein 6.3g
Carbohydrates 33g