

Breakfast

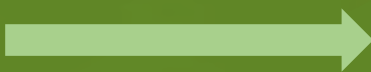
CHOMPY BUG'S LOADED YOGURT BARK



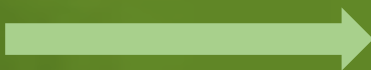
When your child eats these yummy ingredients,
look what they turn into in Rumbledom!



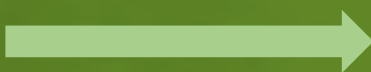
Banana =
Roll bars of the buggy



Blueberries =
Sent up the Blube Tube
to our help our brain



Strawberries =
Towers on the Beli Deli



Ingredients

500g Greek yogurt
3 tbsp honey
1 tsp vanilla extract

Toppings:
Mixed fresh berries
Sliced banana

Method

1. Line a baking tray with parchment paper. Mix the yogurt with the honey and vanilla extract in a bowl. Pour the yogurt mixture onto the lined tray and spread it out evenly to about ½ cm thick.

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

3. 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.

Serves 6
2-4 hours to prepare
175 calories/ serving
Vegetarian

Each portion has
1.6g of fibre and
will help feed your
Belly Bugs!

Reference intake:
Fibre 1.6g
Protein 5.2g
Carbohydrates 18g