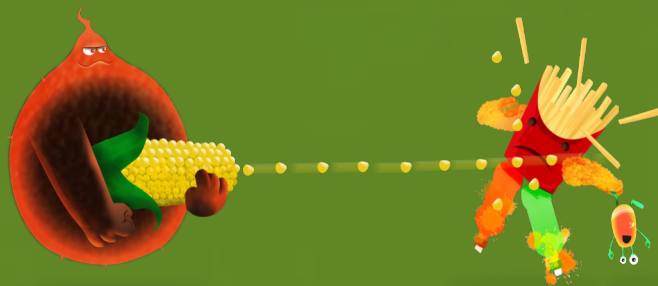
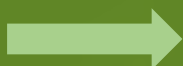
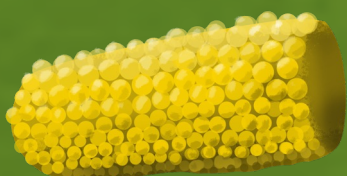


GOODY BUG'S OMELETTE BITES



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

Sweetcorn = Ammunition for
Bashy Bug's Sweetcorn Blaster!



Courgettes =
Skipping rope



Ingredients

6 large eggs
2 tbsp whole milk
1 courgette, coarsely grated and excess water squeezed out.
25g cheddar cheese grated
1 tbsp finely chopped basil
3 heaped tbsp of sweetcorn

Method

1. Line a 20cm square cake tin with greaseproof paper.
2. Whisk the eggs and milk together.
3. Stir in the courgette, cheese, sweetcorn and basil.
4. Pour into the cake tin and bake in the oven at 180° for 25 mins or until golden brown and firm to the touch.
5. Cool and slice into squares.

Tip: Use up whatever cooked veg you have by adding it to the recipe

Serves 4
50 mins to prepare and cook.
169 calories/serving
Vegetarian

This has
0.7g of fibre
and will help feed
your Belly Bugs!

Reference intake:
Fibre 0.7g
Protein 14g
Carbohydrates 3g