

Breakfast

BORBY'S

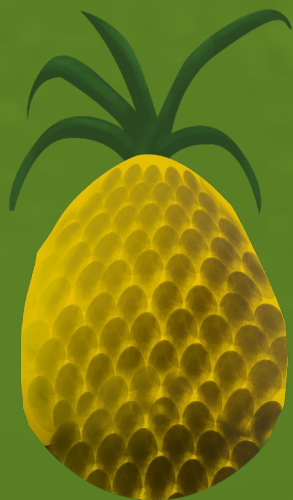
BRILLIANT BREAKFAST MUFFINS



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



Oranges =
Cooly's headphones



Pineapple =
Bellycopter



Ingredients

1 medium orange zest and flesh (drained)
1 cup (165g) chopped pineapple (drained)
1 large carrot grated
2 small eggs
1 tbsp olive oil
2 tsp vanilla essence
2 tbsp honey/maple syrup
240g wholemeal flour
2 tsp cinnamon
1 tsp baking powder
1 tsp bicarbonate of soda
½ tsp salt

Method

1. Add all the fruit, veg and wet ingredients and mix well.
2. In another bowl, mix the remaining dry ingredients together.
3. Add the dry mixture to the wet mixture and fold gently.
4. Spoon into 12 cake cases and bake 180 degrees for 20-25 mins.

Tip: Swap the orange for banana and add nuts or seeds to increase the fibre.

Serves 12
40mins to prepare
and cook
119 calories/serving
Vegetarian

This has
3g of fibre and
will help feed your
Belly Bugs!

Reference intake:
Fibre 3g
Protein 3.6g
Carbohydrates 19g