

Breakfast

COOLY BUG'S

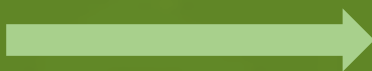
CRAZY CRUNCHY DOUGHNUTS



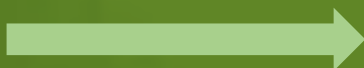
When your child eats these yummy ingredients,
look what they turn into in Rumbledom!



Apples =
Cooly Bug's drumsticks



Strawberries =
Belly Deli



Ingredients

2 medium apples
1 tbsp of peanut butter
40g (20) mixed berries
1 tbsp plain Greek yoghurt
1 tbsp mixed seeds

Method

1. Core the apple and cut into about 4 to 6 round slices.
2. Add peanut butter or any nut butter to 2 or 3 slices and sprinkle mixed berries on top (fresh or defrosted from frozen).
3. Spoon the yoghurt on the rest and sprinkle the seeds on top. Try different toppings like grated cheese and cress too.

Tip: You can also use a bottle lid to cut the hole in the middle of each round slice to remove the core. Leave the skin on for extra fibre.

Serves 2
5mins to prepare
201 calories/serving
Vegetarian

This has
3.4g of fibre
and will help feed
your Belly Bugs!

Reference intake:
Fibre 3.4g
Protein 6.2g
Carbohydrates 18g