

Breakfast

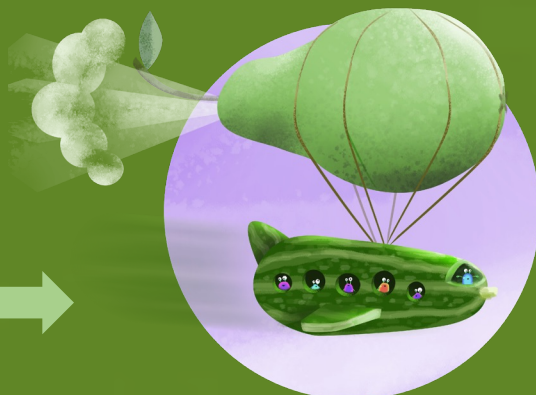
FLICKY BUG'S FRUITY OVERNIGHT OATS



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



Pear =
Pearship



Strawberries =
Belly Deli



Ingredients

80g porridge oats
160g milk/non-dairy milk
unsweetened
2 tbsp chia seeds
1 tbsp of vanilla essence

Toppings:

6 strawberries
1 small pear
1 tsp honey (not for under 1 years)
or maple syrup

Method

1. Mix the oats, milk, chia seeds and vanilla together and store in a jar in the fridge overnight.
2. Pour the oat mixture into 2 bowls and top with chopped pear and strawberries.
3. Drizzle a tsp of honey or maple syrup on top.

Tip: this can be stored in the fridge for 2-3 days. Can use gluten-free oats.

Serves 2
5 mins to prepare
then leave overnight
283 calories/serving
Vegetarian

This has
9.5g of fibre
and will help feed
your Belly Bugs!

Reference intake:
Fibre 9.5g
Protein 9.6g
Carbohydrates 41g