

Lunchbox

GEEKY BUG'S

EASY

SQUEEZY ROLLS

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



Spring onion =
A paint brush for Cooly



Carrot =
A toothbrush for Chompy



Ingredients

420g self-raising flour
480g Greek yoghurt
2 chopped spring onions
2 grated carrots
2 tbsp pumpkin seeds
20g spinach
120g grated cheese

Whisked egg for brushing on top

Method

1. Add all the ingredients (save some cheese and seeds to put on top) in a bowl and mix well to form a dough (you may need a bit more flour).
2. Cut into 12 equal pieces and roll each into a sausage shape. Curve these round and join to make a bagel shape.
3. Place on greaseproof paper and brush with egg. Sprinkle the saved cheese and seeds on top and bake at 180 degrees for 30 minutes until golden.
4. Add a healthy filling or tastes great on its own!

Serves 12
50 minutes to
prepare and cook
221 calories/serving
Vegetarian

Each portion has
4.6g of fibre and
will help feed your
Belly Bugs!

Reference intake:
Fibre 4.6g
Protein 11g
Carbohydrates 25g