

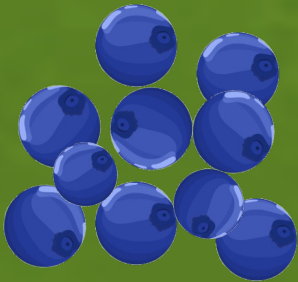
Breakfast

HAPPY BUG'S

# BANANA BLUEBERRY PANCAKES



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



Blueberries =  
Blueberry Bubbles  
sent up Blue Tube



Banana =  
Cooly Bug's hammock



# Ingredients

1 egg  
1 banana  
8-10 blueberries  
1 tbsp Greek yoghurt  
Olive oil to fry

## Method

1. Mash the banana and add to whisked egg. Mix well.
2. Pour about 2 tbsp of mixture into a frying pan with olive oil and fry until cooked both sides. This should make about 4 small pancakes.
3. Add the Greek yoghurt and blueberries.

Tip: add nuts or seeds to increase the fibre.

Swap the Greek yoghurt for coconut yoghurt for dairy free.

Serves 2  
5-10 mins to prepare  
139 calories/serving  
Vegetarian  
Gluten free

This has  
**0.8g** of fibre  
and will help feed  
your Belly Bugs!

Reference intake:  
Fibre 0.8g  
Protein 5.4g  
Carbohydrates 11g