

Snack

GOODY BUG'S CRAZY CARROT STARS

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



Carrots = The Grubmarine!



Ingredients

200g grated carrots
½ cup of water
70g grated cheese
2 eggs
4 tbsp brown flour

Star-shaped cookie cutter

Method

1. Mix 200g of grated carrots with half a cup of water in a bowl and microwave for 3 minutes.
2. Drain and dry the carrots. Put the carrots back in the bowl and mix with 70g of grated cheese, 2 eggs and 4 tbsp of flour.
3. Using a star-shaped cookie cutter make carrot stars on a non-stick baking tray. Bake at 180 C for about 15 minutes.
Enjoy!

Serves 6
30 minutes to
prepare and cook
140 calories/serving
Vegetarian

Each serving has
2.3g of fibre and
will help feed your
Belly Bugs!

Reference intake:
Fibre 2.3g
Protein 7.3g
Carbohydrates 13g

Tip: try other veggies like sweetcorn, peas or chopped broccoli instead of carrot. Try different shapes too.