

Snack

HAPPY BUG'S BANGIN' BANANA ICE CREAM



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



Banana = Cooly Bug's hammock!

Ingredients

1 large banana

1 tbsp of milk. (You may need a dash more)

1 tbsp peanut butter (optional)

Toppings:

Eg raspberries, blueberries

Method

1. Chop up a banana, pop into a Tupperware box and freeze.
2. When frozen, tip into a blender along with the milk and peanut butter.
3. Blend, adding more milk, if necessary, to achieve a creamy texture.
4. For toppings, add more fruit such as blueberries or raspberries.

Serve immediately and enjoy!

Tip: Try seeds or nuts on top for extra crunch.
Try different fruit toppings. Try dairy-free milk, for a vegan option.

Serves 1
5 mins to prepare
247 calories/
serving
Vegetarian

This has
4.2g of fibre
and will help feed
your Belly Bugs!

Reference intake:
Fibre 4.2g
Protein 7.8g
Carbohydrates 25g