

Snack

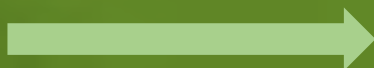
FLICKY BUG'S CHEESY PEASY BROCCOLI



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



broccoli =
Buglet pompoms



Ingredients

500g Broccoli florets
90g Grated cheese
1 tablespoon olive oil

Method

1. Coat the broccoli in the olive oil. On a grease proof tray.
2. Bake in the oven at 180 degrees for 15-20 mins until tender and starting to brown.
3. Sprinkle the grated cheese over them and pop back in the oven for 2 mins for the cheese to melt.

Tastes great with a baked potato, fish or dunked into a dip like hummus or guacamole.

Tip: add seeds on top for extra crunch Try dairy free cheese for a vegan option.

Serves 4
25 mins to prepare and cook.
131 calories/serving
Vegetarian

This has
3.6g of fibre
and will help feed your Belly Bugs!

Reference intake:
Fibre 3.6g
Protein 9.2g
Carbohydrates 4g