

Breakfast

GOODY BUG'S EGGY AVO BREAD



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



Grapes = Goody's
bellyrina necklace.



Ingredients

1 small egg
1 slice brown sourdough bread
½ tsp cinnamon
¼ avocado
4-6 grapes
Olive oil to fry

Method

1. Whisk the egg and soak the bread in it.
2. Lightly fry the eggy bread till golden brown sprinkling cinnamon on each side.
3. Serve with avocado and grapes.

Serves 1
10 minutes to
prepare and cook
327 calories/serving
Vegetarian

This has
6.6g of fibre
and will help feed
your Belly Bugs!

Reference intake:
Fibre 6.6g
Protein 8.9g
Carbohydrates 30g

Tip: Try different fruit like banana
with strawberries.