

Lunchbox

GEEKY BUG'S

NUTTY BANANA ROLL UPS



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



Banana =
Roll bars of the Buggy



Peanut Butter =
Glue for Gecky Bug



Ingredients

1 banana
1 wholemeal wrap
1 tbsp of peanut butter
5g (15-20) of dark chocolate chips

Method

1. Spread the peanut butter on one side of the wholemeal wrap.
2. Sprinkle slices of the banana and the chocolate chips evenly before rolling up the wrap.
3. Cut into mini roll ups.

Tip: Why not swap out the dark chocolate chips for something else such as desiccated coconut, currants, cinnamon or dried chopped up apricots!

Serves 1
5 mins to prepare
396 calories/
serving
Vegetarian

This has
8.8g of fibre and
will help feed your
Belly Bugs!

Reference intake:
Fibre 8.8g
Protein 13g
Carbohydrates 48g