



FRUITY HOOTY OWLS



SERVINGS:
2



TIME:
15 MINS



DIFFICULTY:
EASY



COST:
££££

Ingredients:

- 2 plain rice cake
- 1/2 an apple
- 1/2 a banana
- 4 blueberries
- 2 tbsp smooth nut butter (or cream cheese)
- Low sugar multi-grain hoops

Method:

1. Take the rice cake and spread the nut butter (cream cheese on top)
2. Core and cut the apple into slices which you can use as the owl wings
3. Use the apple slices to also create the owl's feet
4. Cut two slices of banana for the owls eyes and place two mashed blueberries on top of the banana to finish the owl eyes
5. Place the multi-grain hoops onto the owls belly
6. Serve and enjoy!