

Leaps & Bounds  
On the go energy snack!

Great for long car trips, picnics, lunch boxes.  
High in Carbohydrates and fibre  
A source of Iron and  
Low in salt

WHAT WILL YOU NEED?

- Sultanas or Cranberries  $\frac{1}{4}$  cup
- Rice bubbles (or any puffed rice cereal)  $\frac{1}{4}$  cup
- Chopped dried fruit  $\frac{1}{4}$  cup
- Banana chips  $\frac{1}{4}$  cup
- Snap lock bag.

ALL YOU NEED TO DO IS....

- Place all the ingredients in the snap lock bag.
- Close the bag and gently mix the ingredients
- Open the bag
- Gobble it all up! YUMMY!