

# Superhero Fruit Treats

“To give your superhero the energy to do good work”

## Ingredients:

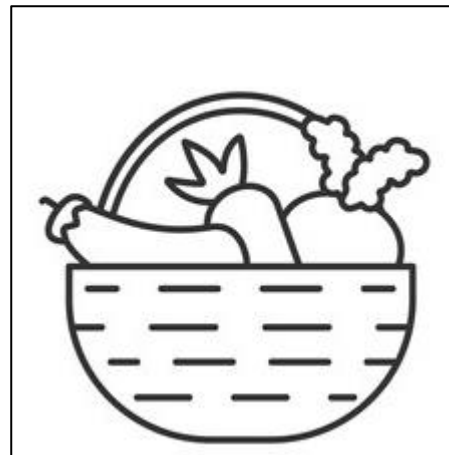
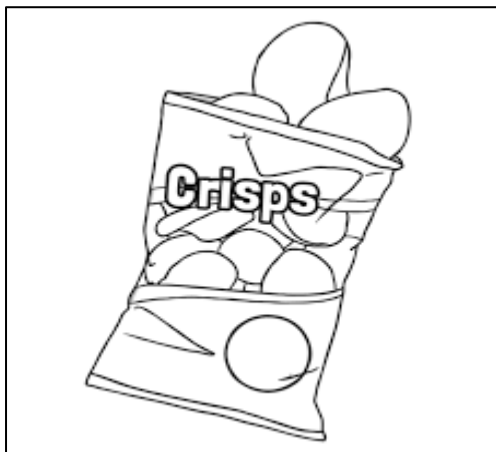
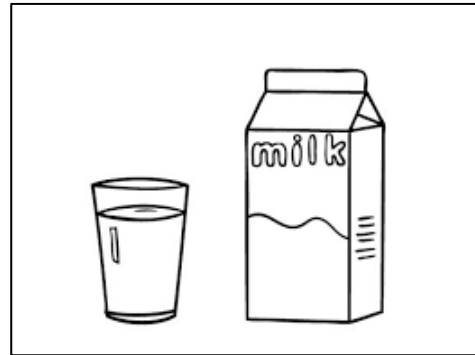
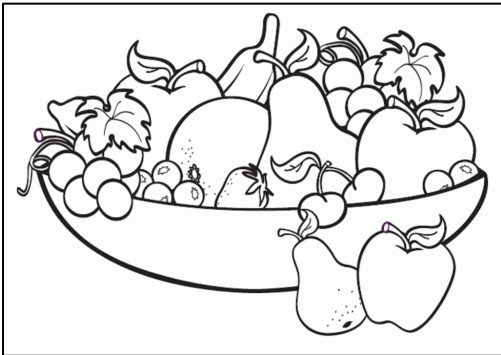
- 60ml yoghurt
- ½ teaspoon of honey
- ½ pear
- ½ apple
- ½ banana
- 15 ml of sprinkles



## Instructions:

1. Mix the yoghurt and honey together.
2. Place in the freezer.
3. Slice your fruit into shapes.
4. Spread the fruit slices with chilled yoghurt.
5. Add the sprinkles.
6. Enjoy.

Look at the foods below and TICK (✓) the foods that would be a good choice for a superhero to eat in order to make them healthy and strong.



# My Superhero

1. My superhero is called:

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2. My superhero has the following powers:

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