

Explorers Project

Monday 20th April 2020

Challenge 1

- Bananas
- Fatty fish
- Brown rice
- Sweet potatoes
- Coffee
- Eggs
- Apples
- Water
- Dark chocolate
- Goji berries
- Oatmeal
- Yogurt
- Hummus
- Avocados
- Oranges
- Strawberries
- Seeds
- Beans
- Green tea
- Nuts
- popcorn

These are the foods I would take because they all give you energy, some give protein and hydrated they also keep you healthy.

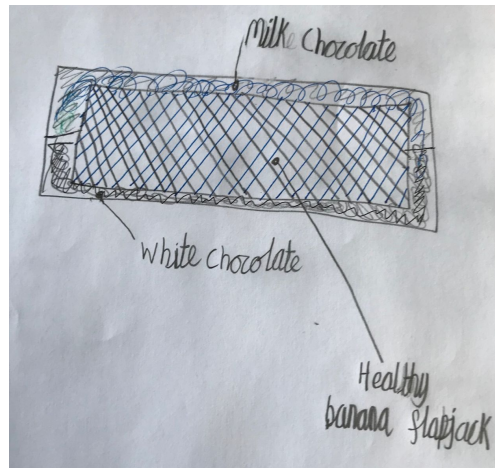
Challenge 2

Ingredients

- bananas squished
- oats
- Some seeds, pumpkin, poppy & sunflower
- mixed nuts broken up, pecans, cashews & almonds
- maple syrup
- coconut oil
- Almond nut butter
- Milk chocolate
- White chocolate

I chose these ingredients because most of them are healthy and it should give you energy.

It is healthy banana flapjack covered in milk chocolate and white chocolate.



I made my energy bar

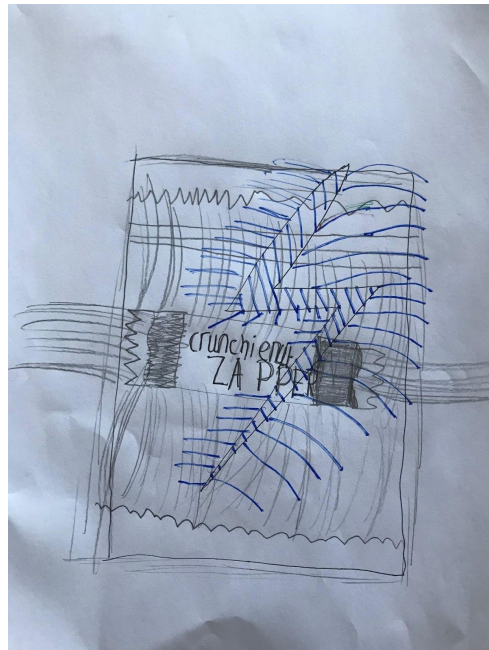


They were delicious, mummy, daddy and Chay liked them too.



Challenge 3

This is my wrapper for my energy bar, it is called a Crunchienut Zapper.



Challenge 4

