

FEED THE
WARRIOR
WITHIN

Fresh lunchbox ideas

LUNCHBOX IDEA #11 GLUTEN FREE

White Chocolate
Fruit and Coconut
Bar



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BULK FOODS



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HERE'S WHAT'S INSIDE

1 piece White Chocolate Fruit and Coconut Bar
50g blueberries
80g salt and pepper chickpea puffs
Animal Pasta Salad

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75g organic gluten free animal pasta
¼ tsp dried tomato granules
½ tsp extra virgin olive oil
small handful spinach leaves, wilted
15g feta, crumbed

Boil pasta in salted water until al dente then allow to cool. Combine all ingredients and mix well.

**DOWNLOAD THE WHITE CHOC FRUIT & COCONUT BARS
RECIPE FREE FROM OUR WEBSITE (PLUS OTHERS), THEN
PICK UP A WARRIOR LUNCHBOX INSTORE OR ONLINE**

WWW.THESOURCEBULKFOODS.COM.AU

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Statements are provided as a guide only and do not reflect any ingredients or products referred to in this recipe, or that are not listed. Shelf life for prepared food as shown varies and some ingredients may require refrigeration. Remember to comply with your school's food policy regarding allergens.



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