



## An Energy Snack for St George

Make then your own and try to add 4 ingredients into each dish



Here's some ideas of snacks you can try making at home. The kinds of things St George would need for energy, strength and concentration



Make your own energy bursting trail mix.



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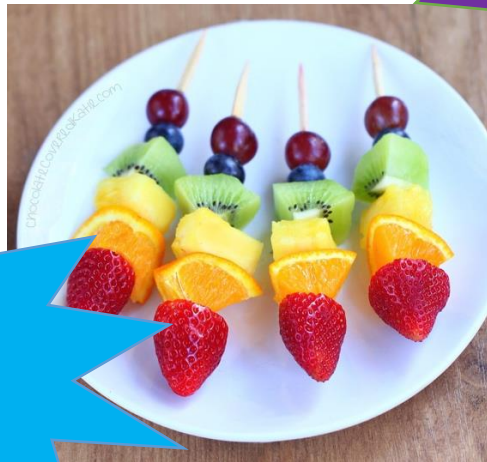


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