



Serves	4
Prep (min)	5
Cook (min)	0

## UFO BAGELS!

Munch on lunch from outer space. **Remember** to let a grown-up check every packet label for allergens (and traces of allergens) before you start.

### Free from

Dairy  
Egg  
Wheat  
Gluten free  
Nuts  
Peanut  
Soya  
Sesame  
Shellfish  
Fish

### Ingredients

1 grown-up  
4 BFree wheat & gluten free bagels  
Violife creamy original spread  
cucumber slices  
4 ham slices (milk, wheat and gluten free)  
sweetcorn  
4 radishes (or cherry tomatoes)

### Method

1. Take one grown-up and put them in charge. Next, carefully slice your BFree bagels in half... **remember kids, knives are sharp!**
2. Then generously spread Violife over the base of each bagel but leave the lids until later.
3. Now lay cucumber slices on top of your spread, and a slice of ham on top of your cucumber (or you can leave this out for a veggie UFO!)
4. For the UFO lights, carefully slice small letterbox holes around the top of each bagel lid and push one sweetcorn kernel in every hole. Next, spread Violife on the bagel lids and place them on top of your filling.
5. Finally, every spacecraft needs a control deck - so grab your radishes (or tomatoes), slice off the green stems and fit them snug into the bagel holes. Now your UFO bagels are complete and ready for their mission to mouths. Enjoy!



### IMPORTANT INFORMATION

Even though we have made every effort to check all product ingredients are free from listed allergens, please always make sure to double check product labels before consuming. Product ingredients and manufacturing processes change frequently. Therefore Allergy Adventures® cannot be held responsible for any consequences that may arise from any information listed on this page.

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A world of serious fun