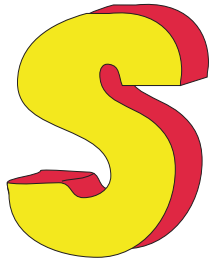




Nutritious Snacks That Are FUN To Eat!



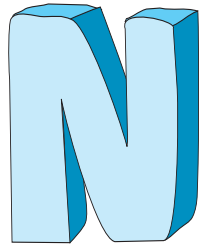
Personal Portraits

Ingredients

- 1 rice cake
- 2 Tbsp. cream cheese or apple butter
- Shredded cheese
- Chocolate shavings



Spread rice cakes with cream cheese, apple butter, or peanut butter. Give children an assortment of raisins, chocolate chips, and M&M's, and let them create their own portraits. Don't forget to add the hair! Makes 1 serving.



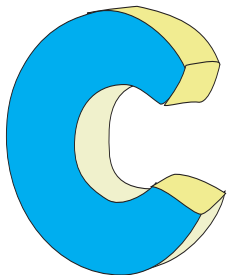
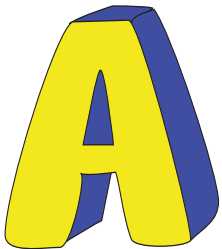
Nutty Numbers

This is a real hands-on experience.

Ingredients

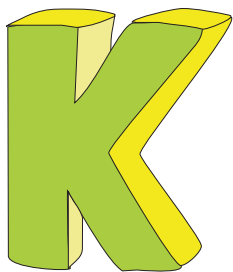
- 1 cup soft butter
- 1 cup white flour
- 1 cup whole wheat flour
- 1/2 cup honey
- 2 cups wheat germ

Mix ingredients together to form a soft dough. Shape the dough into numbers or letters and place on a lightly greased cookie sheet. Bake at 350 degrees for 10 minutes. Serve with peanut butter, jam, or cream cheese. Makes 10 servings.



Bicycle Built For One

Parents know that children love creating and eating Ants on a Log with celery, cream cheese, and raisins. Take the fun-with-food idea a step further with veggie strips and veggie circles to create edible "bicycles"! Munching is fun!



Sunshine Salad

Ingredients

- 10 pineapple rings
- 1 small carton plain yogurt
- 3 tsp. honey

Place one slice of pineapple on each dish. Mix yogurt and honey together and put 1 Tbsp. of the mixture in the center of the pineapple. Eat the sunshine!

