

Healthy meals (2 to 4 years)

Let's create a Healthy Bear snack

Ingredients:

A piece of brown toast bread

Banana

Raisins

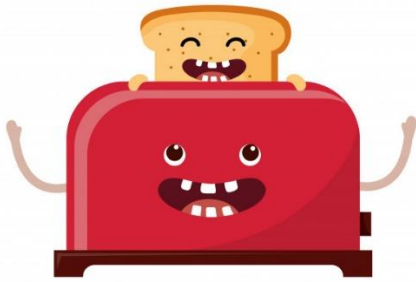
Peanut butter or jam

Cinnamon

Method



1. Toast bread lightly



2. Spread with peanut butter or jam while hot.



3. Sprinkle cinnamon powder



4. Slice banana and use one slice for bear's nose.

5. Place raisins for the eyes and one black for the nose.

6. Finish the bear with two banana slices for the ears.

SERVE AND ENJOY!

