

Bunny face



- 1/2 of a whole wheat English muffin
- 1 Tablespoon low-fat strawberry cream cheese
- 1/2 of a kiwi, gently rubbed under cool running water, peeled and cut in half
- 2 small blueberries, gently washed under cold running water
- 1 strawberry, gently washed under cold running water and cut in the shape of a triangle
- 6 pretzel sticks

Instructions: Wash hands with soap and water. Spread cream cheese on English muffin. Have your child decorate with blueberries for the eyes, strawberry for the nose, pretzel sticks for the whiskers and kiwi slices for the ears.

Yield: 1 serving

Nutrition Facts (per serving): 137 calories, 3 grams fat, 215 milligrams sodium, 23 grams carbohydrate, 2.5 gram fiber