

Nutrition Month Recipe

Owl Rice Cake

Ingredients

2 plain rice cakes
4 tbsps. peanut butter or
alternative
1 banana
1/4 cup blueberries
1/2 apple sliced
1/4 cup cheerios
Small piece of favorite fruit



How to

1. Spread peanut butter on each rice cake. Top rice cake with 2 banana slices for eyes, and add a blueberry to each banana slice.
2. Next add small triangular piece of favorite fruit for the beak. Then add 2 apple slices for wings.
3. Finally, add cheerios for the body!
Enjoy!

