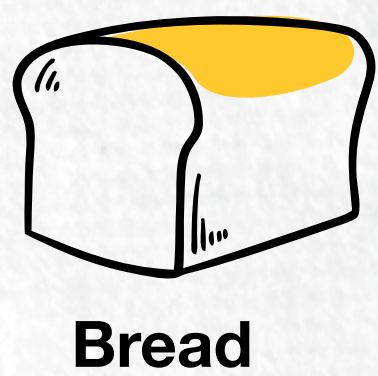


LET'S TOAST

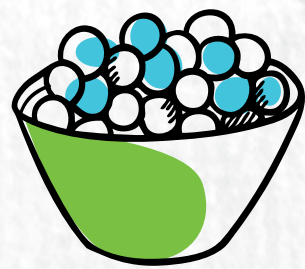
FUN & HEALTHY TOAST RECIPES TO MAKE WITH YOUR KIDS



Whether it's time for breakfast or snack time, toast is a hearty, healthy, warm, and fun choice. These kid-friendly recipes will be fun for you to make and eat together!



Bread



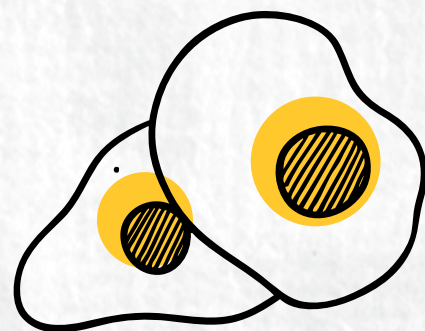
Fruit



Nut Butter



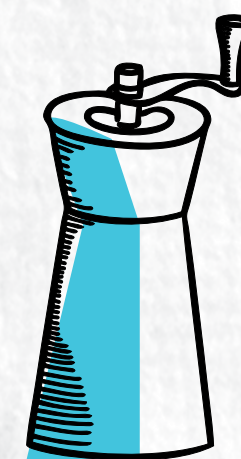
Avocado



Eggs



Seeds



Salt & Pepper



Honey

RECIPES

ANIMAL FACES

Adults Can:

- ✓ Toast bread
- ✓ Slice fruit

Kids Can:

- ✓ Spread nut butter on bread
- ✓ Squeeze and spread honey (optional)
- ✓ Create faces

Try This:

- ✓ Blueberries for eyes
- ✓ Sliced strawberries for ears
- ✓ Sliced bananas for ears/noses
- ✓ Apple sticks for whiskers

AVOCADO GREEN

Adults Can:

- ✓ Toast bread
- ✓ Slice avocado

Kids Can:

- ✓ Smash avocado
- ✓ Spread avocado on bread
- ✓ Sprinkle salt and pepper
- ✓ Sprinkle sesame seeds, chia seeds, or sunflower seeds

Try This:

- ✓ Add sliced cherry tomatoes for sweetness
- ✓ Add sliced cucumbers for crunch
- ✓ Warm up and add corn kernels and black beans for heartiness
- ✓ Squeeze lemon on top for freshness

EGGCELLENT

Adults Can:

- ✓ Toast bread
- ✓ Slice cheese
- ✓ Scramble eggs
- ✓ Add eggs to top of bread

Kids Can:

- ✓ Crack eggs
- ✓ Whisk eggs
- ✓ Sprinkle salt and pepper
- ✓ Put sliced cheese on bread

Try This:

- ✓ Add sliced tomato or smashed avocado between cheese and egg
- ✓ Fry the egg instead of scrambling
- ✓ Used hard boiled eggs
- ✓ Scramble egg with spinach or other veggies

