

Sugar Snap Peas

STUFFED PEA PODS

Makes approximately 4 servings

INGREDIENTS SUPPLIES

- ½ cup sugar snap peas
- ¼ cup (2 oz) cream cheese, softened
- table knives
- small plates



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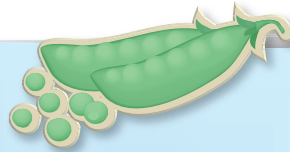
NOTE TO GROWN-UPS

This activity is a very simple and healthy snack that you can do with your child. You may need to assist your child in opening the pea pods by either cutting or breaking them apart at the inside seam. You may find that using a flavored cream cheese, like Garden Veggie, is a way to make this snack even tastier!

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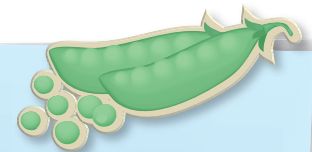
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DIRECTIONS



1. Invite your child to wash their hands and join you for a cooking activity.
2. Wash pea pods under running water and pat dry with a paper towel.
3. Place some peapods on your child's plate.
4. Cut or break open pea pods to expose the peas inside.
5. Spread cream cheese inside of pea pod using table knife.
6. Repeat with each pea pod.
7. Eat and enjoy!

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