

Sugar Snap Peas

VEGETABLE FLOWERS

Makes approximately 2 flowers

INGREDIENTS SUPPLIES

- | | |
|----------------------|--------------|
| • 18 sugar snap peas | • large bowl |
| • 2 cherry tomatoes | • 2 bowls |
| • 6 carrot sticks | • plates |
| • Ranch dressing | • napkins |

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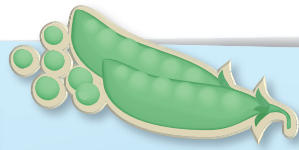
NOTE TO GROWN-UPS

This recipe is easy to do right at snack time. You can encourage your child to think of other ways they might arrange the vegetables into a picture. Be sure to wash the vegetables, if needed, before presenting to your child.

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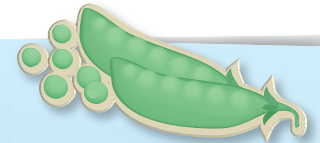
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DIRECTIONS



1. Invite your child to wash their hands and join you for a cooking activity.
2. Demonstrate making a flower out of the vegetables available and show your creation to your child.
3. Invite your child to arrange their own "flower" or other picture.
4. Once the "picture" is assembled, you could take a photo of their creation or just enjoy eating your snacks together.

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