



Dart's Dish on healthy eating!

Flower Sandwich

Ingredients: 1/2 whole wheat English muffin, 1 pineapple slice, 1 tbsp. peanut butter, 1 tbsp raisins

Directions: Spread peanut butter on muffin. Place pineapple slice on top. Add raisins inside circle anyway desired.

Modification: Try substituting other nut butters for peanut butter. Some children may be allergic to nut butters, if so try cream cheese or just a slice of cheddar cheese.



FAMILY ENGAGEMENT