



## Nutrition Notes: December 2016

Get creative in the kitchen and find unique ways to make healthy foods the main attraction at your winter celebrations. Use cookie cutters to add a seasonal twist to your favorite foods! Follow the steps below to create a snowy scene using foods from all 5 food groups!



### Ingredients

- 2 slices whole-grain bread
- peanut butter
- 1 banana
- a handful of raisins
- 5-6 pretzel sticks
- 2 slices low-fat cheese
- your favorite green veggie (we used a bell pepper)
- ½ cup air-popped popcorn (or light-colored cereal)

### Supplies

- butter knife
- cutting board
- snowman cookie cutter
- small snowflake cookie cutter
- plate (solid color works best)

### Directions

1. Make a peanut butter and banana sandwich. Then, cut out a snowman from the center.
  2. Cut snowflakes from the cheese slices. (Tip: Don't have a snowflake cookie cutter? Use a plain circle and create snowballs instead!)
  3. Now let's create the scene! Move your snowman to the plate and give him a face, hat, buttons, and arms. If it's cold outside, he may need a scarf too.
  4. Add a background by covering the ground in "snow" and planting "trees."
  5. Let it snow! Add cheese snowflakes or snowballs to complete the scene on your plate.
- Have fun and make it your own. Try orange or yellow low-fat cheese to add stars or a sun to the sky. Plant extra trees, build a house, or make a snowman family!

