

Turkey Friend

Ingredients (options):

- Squares of bread for body, circles for head
- Filling options: Cream cheese, PB &J, sandwich meat
- Decoration Options:
 - Eyes: Peas, edamame, raisins
- Tail: Bell peppers, cheese, slivered almonds, parsley
- Beak: Cheese, cashews, bell peppers

Directions:

For the head, use a small drinking glass or round cookie cutter to cut a circle from another slice of bread, then stick it to the top of the sandwich with a bit of cream cheese or nut butter.

Add eyes, tail, and a beak. A snood (above the beak), makes it look authentic. Enjoy!



Pump it Up: Put a heavy pan on the floor, squat down to pick it up, lift it above your head and then squat down to put it back on the floor – do that 10 times.



Food for Thought: Build a better sandwich! Make sure to include whole grains (whole wheat bread), lean protein (turkey, peanut butter, or chicken), and lots of veggies!

Tasty Thoughts: _____

