

Veggie Head Muffin

Ingredients:

- whole wheat English muffin
- spread (cream cheese, hummus, nut butter)
- shredded cheese
- fun veggies (carrots, bell peppers, jicama, broccoli, cauliflower)
- raisins (for eyes)

Directions:

Cut muffin in half and spread cream cheese/hummus/nut butter on. Create silly or fun faces using small pieces, shreds of the veggies. Shredded cheese adds the hair. Enjoy!



Pump it Up: Hold a big spoon or bowl above your head and twist left and right as high as you can count.



Food for Thought: Whole wheat English muffin vs. regular white English Muffin? Which one of these is rich in fiber, will leave you feeling full, contains 100% whole grain, and promotes healthy digestion? The winner is the whole wheat English muffin!

Tasty Thoughts: _____

