

Holiday Wreath

Ingredients:

- ½ whole wheat bagel
- spread (cream cheese, hummus)
- broccoli, cherry tomatoes or red pepper

Directions:

Spread cream cheese or hummus on bagel. Cut up veggies and decorate your wreath – have fun!



Pump it Up: Grab your hands behind your back and stretch your shoulders and arms – can you do it on 1 foot.



Food for Thought: Did you know that broccoli is a good source of calcium, which is needed to build strong bones and teeth?!

Tasty Thoughts: _____

