

American Flag

Ingredients:

- Whole wheat bread
- 12 oz. Philadelphia Cream Cheese
- 1 Red Pepper
- 1 pt. Blue Berries

Directions: Slice pepper into thin strips. Spread cream cheese on a piece of whole wheat bread. Decorate with pepper slices and blueberries.



Photo found at www.eshyfouby.com



Pump it Up: Place a chair behind you. Pretend that you are about to sit down. Just before your seat touches the chair, stand back up. Repeat 10 times.



Food for Thought: Red peppers contain several essential nutrients, such as vitamin C, folic acid and vitamin B6. They are also a good source of antioxidants known to lower the risk of heart disease.

Tasty Thoughts: _____

