

# Not Your Mama's Edamame

## Ingredients:

- Shelled edamame
- Salt

## Directions:

Prepare according to package directions or thaw in refrigerator overnight. Sprinkle with salt to taste.



**Pump it Up:** Play the popcorn game! Crouch down and when someone yells popcorn, spring up and jump as high as you can!



**Food for Thought:** Edamame is a soy bean. It is very popular in Asia. It is a great source of protein. Remember protein helps you build strong bones and muscles! Edamame makes a great go snack!

Tasty Thoughts: \_\_\_\_\_

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