



## Turkey Friend

Number of servings: 1

Serving Size: 1 sandwich

### Equipment:

Drinking cup or cookie cutter

Blender or food processor, optional

### Ingredients\*:

3 slices whole grain bread

Filling options:

Cream Cheese, PB & J, lean sandwich meats

Decoration options:

Eyes: Peas, edamame, raisins

Tail: Bell peppers, cheese, slivered almonds, parsley

Beak: Cheese, cashews, bell peppers

**Cost per serving,  
Nutrition Facts and  
MyPlate servings  
will vary depending  
on the ingredients and  
quantities selected.**

\*Use MyPlate as a guide when selecting ingredients to be sure to include a healthy balance of food groups when making your Turkey Friend.

**Directions:** Take two slices of bread and place filling between them. For the head, use a small drinking glass or round cookie cutter to cut a circle from a 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!

**Leftover tip:** Use leftover bread for bread crumbs. Place leftover bread in blender or food processor and blend into small crumbs. Bread crumbs can be frozen for future use.

**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!