

Kitchen Therapy

After School Snacks class

Making Faces

This is not so much a recipe as an idea starter. To make faces you will want fruits and veggies to make into hair, eyes, noses, mouths, teeth, and ears. Maybe even eyeglasses and earrings. All the parts of a face.

Often you need only a little of something. Or you can prep a larger amount, and cook it for dinner. I am sure you'll come up with many other ideas too.

So let your imagination run wild, play with your food, nibble on tasty fruits and veggies, and share some fun time with the kids.

Hair

shredded carrots
cucumber ribbons
grape clusters
pineapple chunks

Noses

cherry tomatoes
cauliflower floret
grapes
pepper pieces
pineapple chunks

Eyes

blueberries
cucumber slices
grapes
radishes

Eyebrows

baby carrots
dates

Earrings

grapes
radishes

Mouths

banana
melon
orange wedges
pepper pieces
cherry tomatoes

Moustache

dates

Eyeglasses

cucumber slices with cucumber ribbons