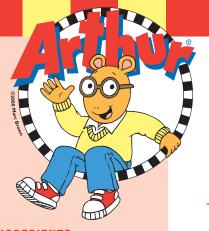
HEART-HEALTHY RECIPE FOR KIDS



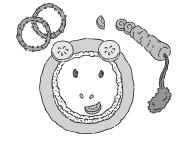


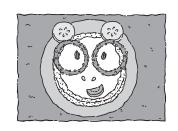
INGREDIENTS

- English muffin, rice cake, or mini pita bread
- hummus
- cream cheese or cheese
- raisins or sunflower seeds
- cucumber or banana slices or dried apricots
- carrot
- sweet red pepper
- pretzels

Arthur's Open-Face Sandwiches

- 1 Check with a grown-up before you start.
- 2 Spread an English muffin, rice cake, or mini pita bread with hummus, cream cheese, or cheese.
- Make Arthur's face.
 - Use raisins or sunflower seeds for his eyes and nose.
 - Use cucumber or banana slices or dried apricots for his ears.
 - Use bits of carrot or sweet red pepper for his mouth.
- 4 Use round pretzels for Arthur's eyeglasses.





Note: Be careful of food allergies. © 2007 WGBH Educational Foundation.

EMO	