## **HEART-HEALTHY RECIPE FOR KIDS**





## INGREDIENTS

- 1 slice of watermelon
- 3 strawberries sliced in half
- 1 small piece of banana sliced in half lengthwise
- 2 half-circle slices of an orange
- 1 raisin
- knife
- plate

## Dino Dessert

- 1 Check with a grown-up before you start.
- 2 First carefully cut a watermelon slice in half and put it on a plate. This is the body of your dinosaur. The watermelon rind is his back.
- 3 Put the strawberry halves on top for his plates.
- 4 Then use half of an orange slice for the head and a raisin for the eye.
- Take the other half of the orange slice and separate the segments, but don't cut through the peel. This is your dino's tail.
- For its legs, take a small piece of banana and slice it in half lengthwise. Put the banana legs below the watermelon.
- 7 And there you have it, a "dino-mite" Dinosaur Dessert!

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