

## Happy Face

Ingredient suggestions for each student to assemble a happy face sandwich.

Use one piece of wheat bread for each student.

For the foundation on the bread, use slice of cheese OR fruit flavored cream cheese.

For face parts, use:

1. Mouth: raisins or dried cranberries
2. Nose: pecan half or pineapple chunk
3. Eyes: dried fruit (apricots, bananas, etc.)  
Eyes: fresh fruit is more difficult for leader: (kiwi, canned peach slices)
4. Eyebrows: slivered almonds

Use your imagination. Keep it simple. Enjoy!

# Healthy Snacks for Kids

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Revised Edition

