

Activities

Food

* "James and the Giant Peach (and Apple) Smoothie"

* Need:

- * 2 – 8 oz. cartons of lowfat peach yogurt
- * 1 – 6 oz. can frozen apple juice concentrate
- * ½ tsp almond extract (optional)
- * 4 ice cubes

* Directions:

- * add each of the ingredients in the order listed to a blender
- * blend until smooth and creamy
- * pour into glasses and serve

- * Makes 4 – 6 oz. servings

Food

* Painted Bread

- * using a muffin tin, mix water or milk with food coloring in each cup to make a variety of colors
- * use new paint brushes and let the children paint their own designs on the bread – don't let the bread get soggy!
- * toast the bread
- * spread with butter or leave plain

Food

Spider Sandwiches (serves 12)

24 slices wheat bread

1 cup creamy peanut butter

24 raisins

1 (6.5 oz.) package of cheese curls

1. Using a 2-1/2" round cookie cutter, cut a circle from each bread slice. (Save the bread scraps; grind finely in a blender; and use in recipes that call for bread crumbs!)
2. Spread about 2 tablespoons of peanut butter on half of the bread rounds; top with the remaining bread rounds.
3. Make 2 small indentations on top of the sandwiches for "eyes". Using peanut butter as "glue", push one raisin into each indentation.
4. Place each sandwich on a plate and arrange 8 cheese curls around each sandwich for "legs", inserting cheese curls between the bread rounds.