

Captain CREATE Recipes to Try at Home

INGREDIENTS

- Rice cake
- 1 Tbsp any flavor yogurt, ricotta cheese or peanut butter
- 2 or more of the following:
apple slices, banana slices, raisins or craisins, strawberries, pineapple slices (cut into thirds), cucumber slices, carrot curls, shredded coconut

DIRECTIONS

Spread yogurt, ricotta cheese or peanut butter on the rice cake. Use your imagination with the ingredients to make a sensational rice cake face. Enjoy immediately

Examples:

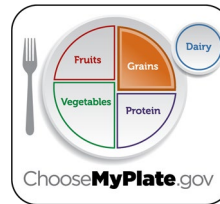
- Eyes** – bananas/cucumber
- Nose** – strawberry/raisins
- Mouth** – pineapple/apple slice
- Hair** – coconut/raisins

Source: Adapted from Food, Fun, and Reading, Pre-kindergarten through Grade 2 Nutrition and Literacy Education Program – Breakfast Lesson, The University of Vermont Extension.

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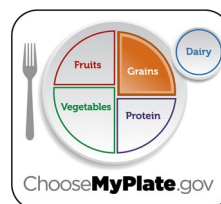
INGREDIENTS

- 1 can low-sodium corn, about 15 ounces (drained)
- 1 ¼ cups flour
- 1 egg
- 1 cup cornmeal
- 2 Tbsp vegetable oil
- ½ cup sugar
- 1 cup low-fat milk
- 1 Tbsp baking powder
- Nonstick cooking spray
- ¼ tsp salt

DIRECTIONS

Preheat oven to 400 degrees F. Coat a 9x9 inch baking dish with nonstick cooking spray. In a large bowl, combine flour, cornmeal, sugar, baking powder and salt. Mix Well. In a separate bowl, add eggs and whisk. Add vegetable oil, milk and corn. Do not over mix. Pour into baking dish. Bake 20-25 minutes or until the top is browned and a toothpick inserted into the center of the pan comes out clean.

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