

# STORYBOOK RECIPES

(Modify as needed for younger children)

## “Blueberries for Sal”

(Or “Brown Bear, Brown Bear, What Do You See?”)

Whole wheat bread (or toast)  
Peanut butter (or apple butter)  
Blueberries  
Banana slices

1. Spread a slice of bread with peanut butter.
2. Use 2 banana slices for the ears, and 1 slice for the nose.
3. Use 2 blueberries for the eyes and top the ‘nose’ with a blueberry. (*Larger blueberries might need to be cut in half for safety.*)

## “Three Little Pigs”

- Whole wheat bagels (or English muffin)
- Strawberry cream cheese
- Banana slices, strawberries, raisins
- Red pepper strip (for mouth)  
OR use raisins or strawberries

1. Spread bagel half with cream cheese
2. Create a face:
  - Nose: banana slice
  - Eyes: raisins
  - Ears: strawberry slices
  - Mouth: red pepper strip  
OR raisins OR strawberries

## “Easy Pita Bread Pizza”

1 Pita bread (whole wheat preferred)  
2 Tablespoons pizza or spaghetti sauce  
¼ cup mozzarella cheese, shredded  
Spices or dried herbs to taste (oregano, basil, garlic powder)  
Olive oil (optional)

## “The Very Hungry Caterpillar”

Cucumber slices  
Round snack crackers  
Low-fat cream cheese (soft-tub style)  
Chow mein noodles and/or Match Styx carrots  
Raisins  
Strawberries (cut large ones in half)

1. Spread cream cheese (tinted green, if desired) on some crackers.
2. Make the caterpillar ‘body’ by slightly overlapping cucumber slices and crackers in a row.
3. Add raisins for ‘eyes’, chow mien noodles and/or Match Styx carrots for ‘feelers’ and feet.

## “If You Give a Mouse a Cookie”

Ingredients:

Canned pear halves (or fresh)  
Raisins  
Sliced almonds  
Maraschino cherries  
Fresh (or canned) green beans

Steps:

1. Start with a canned pear half, placed upside-down on a plate.
2. Add raisins for the “eyes”, ½ a cherry for the nose, sliced almonds for the “ears” and a fresh green bean for a “tail”.  
(Check your cupboard for other ideas.)
3. Now give your “mouse” a cookie and see what happens. 😊

Steps:

1. Preheat oven to 400°.
2. Brush a little olive oil on the pita.
3. Spread sauce on top.
4. Sprinkle on the shredded cheese.
5. Sprinkle on pinches of any chosen herbs/spices.
6. Add any favorite toppings, such as bell peppers, mushrooms, pineapple, etc.
7. Place on baking sheet and bake for 5-7 minutes, or until cheese is melted.