

# Ornament Bagel

## Ingredients:

- Half of a Mini Bagel
- One teaspoon of Low fat Cream Cheese
- Sliced Cucumber
- Strips Yellow Bell Pepper
- Strips Orange Bell Pepper
- Strips Red Bell Pepper
- Halved Grape Tomatoes
- Strips of Lunch Meat (optional)
- Utensils needed: Plastic Spoon and Knife
- *Other vegetables can be used. The key is the try to use a rainbow of color vegetables.*



## Food Prep:

- Wash your vegetables.
- Cut the bell peppers into strips and then cut strips into 3 pieces.
- For the top of the ornament: cut the cucumber in half. Slice one half of the cucumber into 1 inch slices.
- For decoration, cut the remaining half of the cucumber lengthwise into 1 inch thick strips of cucumber.
- If you are using lunch meat cut into long strips
- Cut grape tomatoes in half
- Place prepared ingredients a plate for the child to make the ornament bagel.
- **Make sure to have an example prepared for the children to use as a guide.**

## How to Make an Ornament Bagel:

- Using a knife, spread about a teaspoon of cream cheese evenly across the top of one half of the bagel. (*Depending on child's skill level, you may need to spread the cream cheese on for them.*)
- Make pattern throughout bagel using the different vegetables
- Encourage children to make their own ornament. The ornament does not have to look like the example.

**Below are some examples of how three different children's ornament bagels.**

