

# Snowman Bagel

## Ingredients:

- Half of a Mini Bagel (Rice Snacks could also be used)
- 1 teaspoon of Low fat Cream Cheese
- Two Sliced Black Olives
- One Baby Carrot
- Three small strips of Red Bell Pepper
- One slice 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 vegetables and strain the juice from black olives.
- Cut the bell peppers into strips and then cut strips into 3 pieces.
- If using lunch meat cut the piece into squares.
- Place prepared ingredients on a plate for the child to make the snowman bagel.
- **Make sure to have a snowman bagel prepared for the children to use as a guide.**

## How to Make a Snowman 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.*)
- Place carrot in the hole of the bagel
- Place two black olives at the tops for the eyes
- Place three small strips of red bell pepper at the bottom for the smile
- Lunch meat could be placed on the left side of the plate by the bagel to look like a hat.

