

SPAR 

BETTER CHOICES kids



FREE RECIPE
TO TAKE HOME



Bear toast

**WHAT YOU NEED:**

- 1 slice of wholewheat toast per person
- A little butter or margarine
- Smooth peanut butter
- 1 small banana
- Raisins or chocolate nibs for the eyes and mouth

WHAT TO DO:

1. Pop bread into the toaster
2. Peel and cut the banana into slices
3. Lightly spread butter or margarine onto your toast when it's done, and generously spread peanut butter
4. Add 2 slices of banana to the top of the toast to make the bears' ears, and one to the middle of the toast
5. Add raisins or chocolate nibs to each side of this banana slice to make the eyes, and one in the centre to complete the nose
6. Snap a pic of your bear and then enjoy!

TIP!

Prepare your body for exams.
Eat foods like bananas and peanut butter
which help you feel less tired

**ENJOY!**