

SPAR 

# BETTER CHOICES kids

FREE RECIPE  
TO TAKE HOME



## Boiled Egg Mice & toast

**WHAT YOU NEED:**

- 1 whole egg per person
- 1 small carrot
- Black sesame seeds
- Wholewheat toast
- Mayonnaise

**WHAT TO DO:**

1. Ask an adult to help with boiling the eggs. Place eggs in cool water and bring the water to boil. Once the water is boiling, set the timer for 7 minutes and then remove eggs. Place them in a bowl of cold water. Once they are cool enough to handle, crack the shell with a teaspoon and peel the shell off the eggs.
2. Peel the carrot and ask an adult to help cutting the carrot. Thinly slice some round discs for the ears. With the rest of the carrot, cut small thin strips that can be used for the tails and whiskers. Gently make small cuts in the egg for the carrot to be inserted to make the ears, tail and whiskers.
3. Place sesame seeds to make the eyes and the nose of the mouse. Snap a pic of your mice!
4. Slice the egg into rounds and enjoy on wholewheat toast with a little mayonnaise

**TIP!**

Eating eggs helps  
keep your bones strong

**ENJOY!**