

Cook's Corner: Mummy Toast

Here is a delicious healthy snack that children can make in a Head Start classroom or at home with their families.

Ingredients

- 1 slice whole wheat bread, toasted
- 6–8 pieces low-fat cheese, sliced into thin strips
- 1 tablespoon pizza sauce with no added sugar
- 1 black olive, sliced

Directions

1. Spread the pizza sauce over the toasted bread slice.
2. Arrange the cheese on top of the pizza sauce.
3. Put the black olives on top of the pizza sauce for the eyes.
4. Put the mummy toast under the broiler to melt the cheese.

Makes 1 serving

Safety tip: An adult should slice ingredients, and, to prevent burns, young children should not use an oven or stove.

