

Be Kind.

Little acts of kindness for kids!

Easy-to-Make Teddy Bear Breakfast Toast

You will need:

2 pieces of bread
Your family's favorite nut butter
1 banana
Blueberries or chocolate chips
Butter knife
Cutting board
Plate for serving breakfast



Directions

1. Start by toasting the 2 pieces of bread.
(Note: If this is your first time using the toaster, ask for an adult to help you.)
2. When the toast has cooled, place the pieces on the plate. Use a butter knife to spread the nut butter on each piece in a round shape. This will be your teddy bear's head.
3. Peel the banana and set it on the cutting board. Use the butter knife (you may want to rinse off any left-over nut butter) to slice the banana into small, circular slices. Cut some of these circular slices in half.
4. Put one circular banana piece in the center of each piece of toast, with a blueberry or chocolate chip on top for the nose.
5. Put two half or whole slices of banana on the upper part of each piece of toast for teddy bear ears.
6. Place two blueberries or chocolate chips on each piece of toast for teddy bear eyes.
7. Serve breakfast to your family!

ALLERGY NOTE: if someone in your family is allergic to nuts, you can always replace the nut butter with their favorite fruit jam, or a little bit of butter.