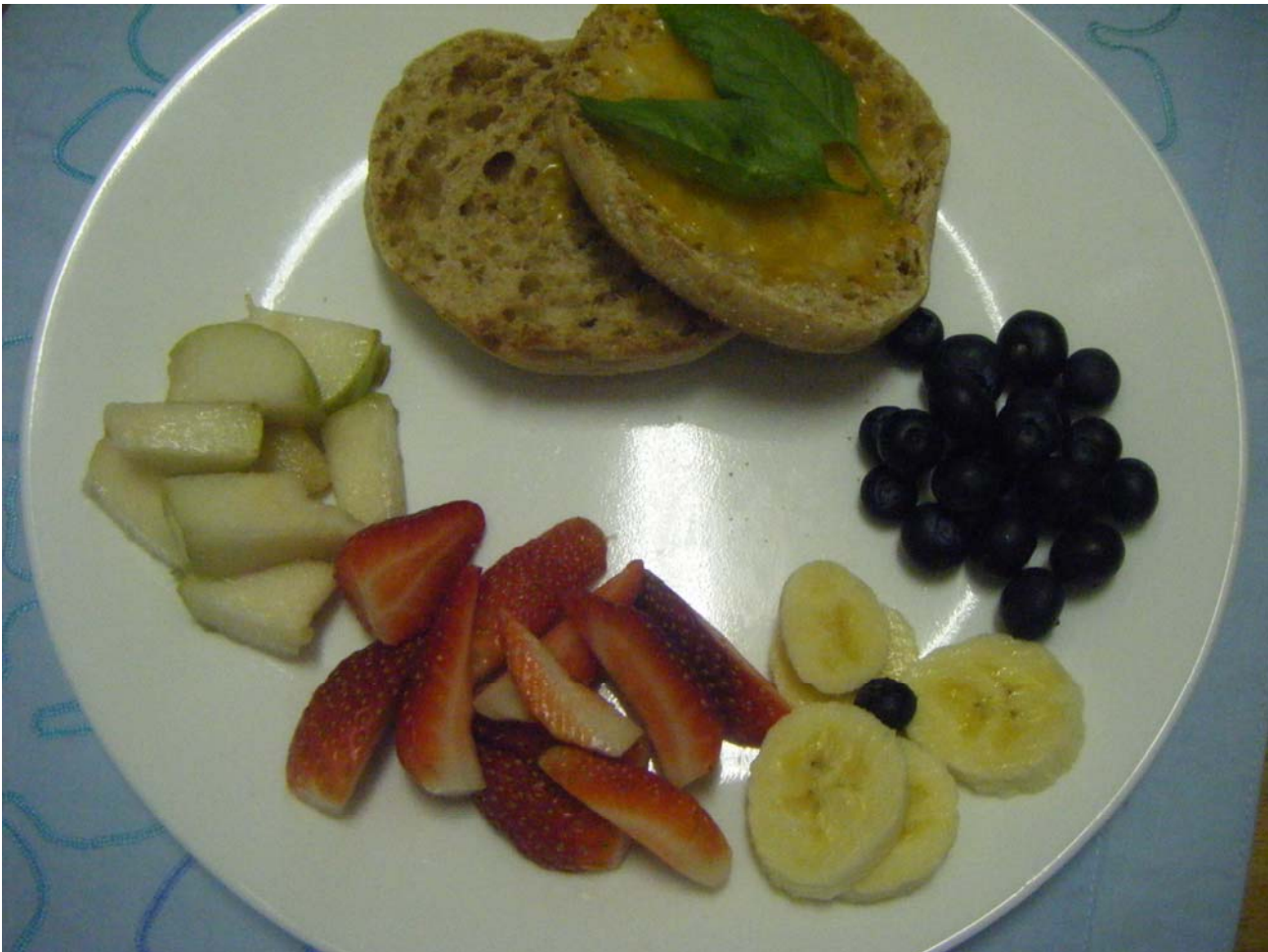


Recipe

Whole Grain Muffin with Cheese and Fruits

By

Madhavi d.d.



Ingredients

1 whole grain English muffin
1 oz shredded cheese, any variety
a few fresh basil leaves
½ cup sliced banana
2 tbsp sliced strawberries
2 tbsp sliced pear
2 tbsp blueberries

Preparation

Cut the muffin into half then toast the muffin in the toaster oven for 4 minutes. Take the muffin out of the oven then Sprinkle cheese on the muffin. Put the muffin back to the oven and toast for another 2 minutes, until the cheese melts.
Meanwhile, prepare your fresh fruits.

***For young children, I would not recommend spread butter or add salt and pepper on the muffin. Children's diet should be always low in salt, sugar, and fat. Provide your child with plenty of fresh fruits instead of juice is the best policy!

Serves

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Hare Rama Hare Rama Rama Rama Hare Hare