



Cooking With Krysta

Apple Smiles

As seen in Episode 1, Season 1 of Krysta's Kingdom.

Ingredients:-

Apples

Jar of creamy Peanut Butter

Small marshmallows

Krysta says always have a parent/adult in the kitchen to help you. Safety first. If you follow safety rules, you can have fun in the kitchen!! Today we made Apple Smiles. This is one of Rex's favorite snacks! This is what you do.

- 1) Have an adult cut up the apples into about 8 pieces per apple.
- 2) Add creamy peanut butter to the top part of the apple slice. Not done yet, although this is already delicious, we need teeth for the smile!!
- 3) For the teeth, take the small marshmallows and press into the peanut butter.

This is a delicious and nutritious snack you can share with your family and friends.

