

Munchable Monster Toast

Paint a scary face!

 **Level: Easy**

Serves: 6

Kids' Tool Kit

Toaster
Measuring cup
4 small bowls
Clean paint brushes
Knives

Ingredients:

1 cup milk
4 colors food coloring
6 slices white bread
Butter or margarine



Directions:

Remember to wash your hands!

1. In 1 small custard cup, pour $\frac{1}{4}$ cup milk and add several drops food coloring. Repeat with other colors.
2. Toast bread slices.
3. Paint wild monster faces on toast with food coloring mixture.
4. Butter toast and munch your monsters!

Chef's Choice

Munchable Monster
Toast
Orange slices
Low fat milk



Helpful Hints: Teach kids about the proper use of all kitchen appliances. A toaster is a simple one to begin with. Show how to adjust a toaster's browning setting first!



Safety Tips: Never stick a knife or fork in a plugged-in toaster. If toast gets stuck, unplug the toaster before getting the toast out.

Nutrition Facts

Serving Size 1 slice (68g)
Servings Per Container 6

Amount Per Serving

Calories 120 **Calories from Fat 45**

% Daily Value*

Total Fat 5g **8%**

 Saturated Fat 3g **15%**

Cholesterol 10mg **4%**

Sodium 150mg **6%**

Total Carbohydrate 14g **5%**

 Dietary Fiber less than 1g **2%**

 Sugars 4g

Protein 3g

Vitamin A 4% • Vitamin C 0%

Calcium 6% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Source: *Book Cooks, Creative Teaching Press*

Suggested book for this cooking activity: *Where the Wild Things Are* by Maurice Sendak

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.