

Pear Rabbit

(Chokfi' Takolo
Ibish Falaa')



You will need:

- 3 canned pear halves
- 3 raisins
- Small plate
- Butter knife
- Can opener (adult use)

What to do:

1. Wash hands; get out ingredients and utensils.
2. Place two pear halves, flat side down, on a small plate to make the body.
3. Use butter knife to cut a tail, ears and feet from another pear half. Add each part to the body.
4. Use butter knife to cut one raisin in half and place on small end for eyes.
5. Enjoy your pear rabbit.

Price per recipe: \$0.93

Makes one pear rabbit

Nutrition facts per serving:

60 calories, 0 fat, 0 mg cholesterol,
0 mg sodium, 16 g carbohydrates,
2 g fiber, 0 g protein

Adults:

Using can opener, open pear halves and discard sharp edged lid.

Options:

Be creative! Try to make the rabbit using other fruits or vegetables.

Instead of the pear, try canned peach or nectarine halves or fresh fruits such as pears, apples or peaches.



Material funded by USDA SNAP. This institution is an equal opportunity provider and employer. For more information on SNAP or FDP, visit GetFreshCooking.com.

