



Cucumber Canoes

Servings: 1 per child

Ingredients:

- $\frac{1}{4}$ – $\frac{1}{2}$ cucumber per child
- Cottage cheese (filling for cucumber)
- 1 baby carrot
- Sunflower seeds

Supplies:

- Cutting board
- Peeler
- Knife
- Small spoon



Directions:

Children will:

1. Cut baby carrot lengthwise into four strips.
2. Peel cucumber.
3. Slice the cucumber in half lengthwise and scoop out the seeds.
4. Fill their "canoe" with cottage cheese.
5. Sprinkle with sunflower seeds.
6. Lay baby carrot strips on top for the "paddles".