

Valentine's Healthy Snack



This is a snack that your preschooler can help you prepare. All you need is cream cheese, strawberries and whole grain bread.

Wash and dry 6 strawberries. Core them and slice thinly.

Spread softened cream cheese onto to pieces of whole grain bread. Top one slice of bread with the sliced strawberries. Put the second piece of bread, cream cheese side down towards the berries.

Remove the crust if desired. Cut into halves.

Serve.

Enjoy~