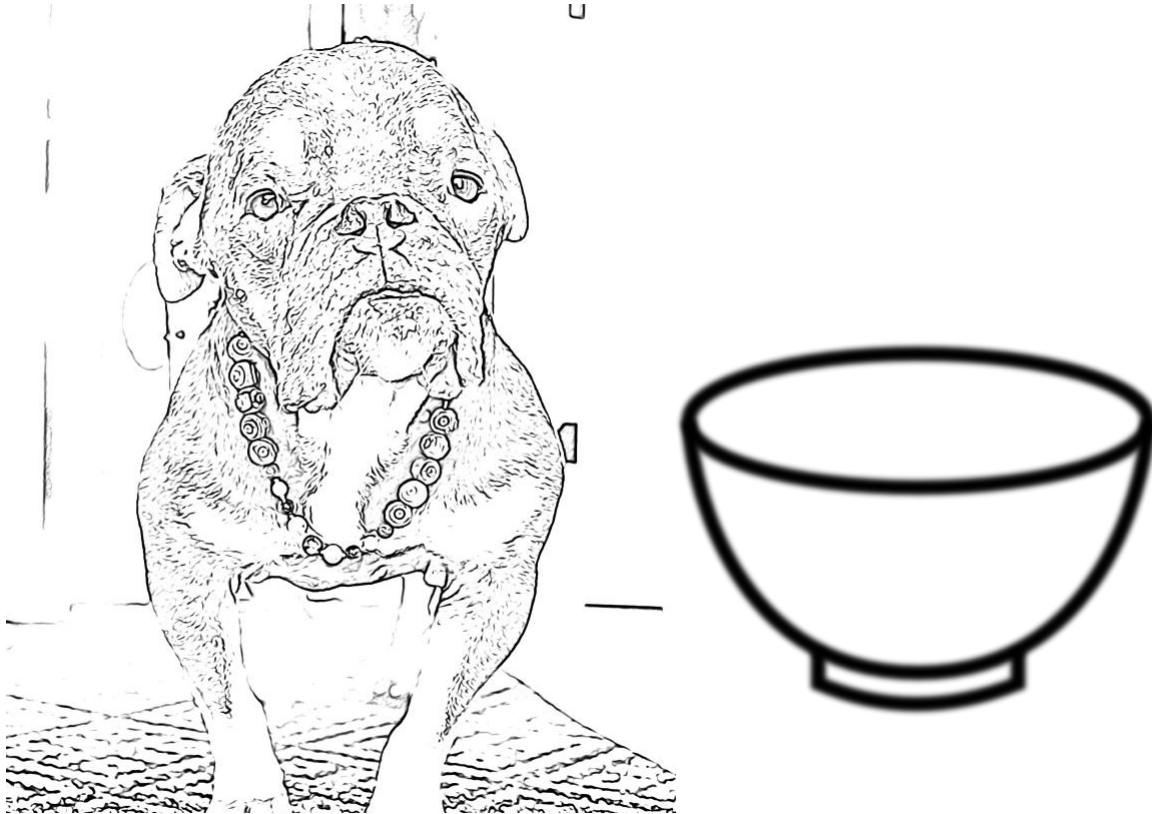


Cooking with Monty and Tilda

Monty's favorite food is noodles. Monty and Tilda's mom makes sure that they get the best nutrition as possible so they can feel their best and live long healthy lives.



1. Color the picture of Monty and draw noodles in his bowl.

2. Look up healthy noodle recipes and cook with your family.
(Here are some websites with delicious and nutritious noodle recipes)

<https://www.veganfinefoods.com/6-must-make-kelp-noodle-recipes/>

<https://www.yummly.com/recipes/rice-noodles-vegan>

https://www.momjunction.com/articles/noodle-recipes-for-kids_00355022/

3. Share your recipes with us – (post pictures of your finished dish on Instagram and tag us) @pittypawfessors @montgomerytwix #montynoodles