

Fruity Rice Cake Owls

Kronik Warrior Snack-Box Program

Ingredients:

- Rice cakes
- Peanut butter or any nut butter
- Banana
- Blueberries
- Apple slices
- Whole grain Cheerios

HOW TO MAKE YOUR RICE CAKE OWL



- Spread peanut butter onto one side of your rice cake.
- Add two banana slices and place a blueberry on each to create the eyes.
- Place thin apple slices on either side for the wings.
- Add a few Cheerios in the centre to create feathers.
- Cut small triangles of apple for the beak and feet.
- Enjoy straight away.

TOP TIP

To prevent your apples going brown, lightly brush them with lemon juice. Cover your apples and pop them in the fridge if you would like to enjoy them later.

