



avron

HEALTHY RECIPE OF THE WEEK

OWL RICE CAKES

This recipe will sure be a hoot with the kids! Easy to make yourself, or let them join in on the fun!

INSTRUCTIONS

- Place rice cakes on a baking sheet. Slice bananas and set aside.
- Spread WowButter over each rice cake and then put 2 banana slices on the top portion on the rice cake. This will be the owl's eyes. Put a small amount of WowButter on the centre of the owls eyes and add a blueberry for the pupil of the eye.
- Slice your apple in half, and then into thin slices. Place 2 onto each rice cake, (peel side outward) to act as the owl's wings.
- Peel carrot and slice thinly. Using the sliced carrots, cut into triangles for the nose.
- Finally, add some cheerios for feathers between the wings.



INGREDIENTS

Rice Cakes

104-900 150g

Carrots

114-207 5lb bag

WowButter

107-113 2kg

Banana

114-104 each

Blueberries

114-105 170gr

Cheerios Multigrain

102-596 1010gr

Apples Macintosh

114-102 each

Avron offers all the ingredients needed to make this simple and nutritious recipe!

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