The simplest way
...to make sandwiches fun

Casey the Caterpillar

Ingredients

- 2 slices wholegrain bread cut into four circles, using a cookie cutter
- 2 slices reduced-fat cheese cut into four circles, using a cookie cutter
- 1 cucumber, sliced
- 1 cherry tomato
- 1 wooden skewer
- 2 raisins/sultanas
- Chives/toothpicks – for antennas

Method

1. Layer bread, cheese and cucumber
2. Slide onto skewer to create body, with a tomato head
3. Cut slits in tomato to add raisin eyes, cucumber mouth and antennas

For more information visit www.eatittobeatit.com.au
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