

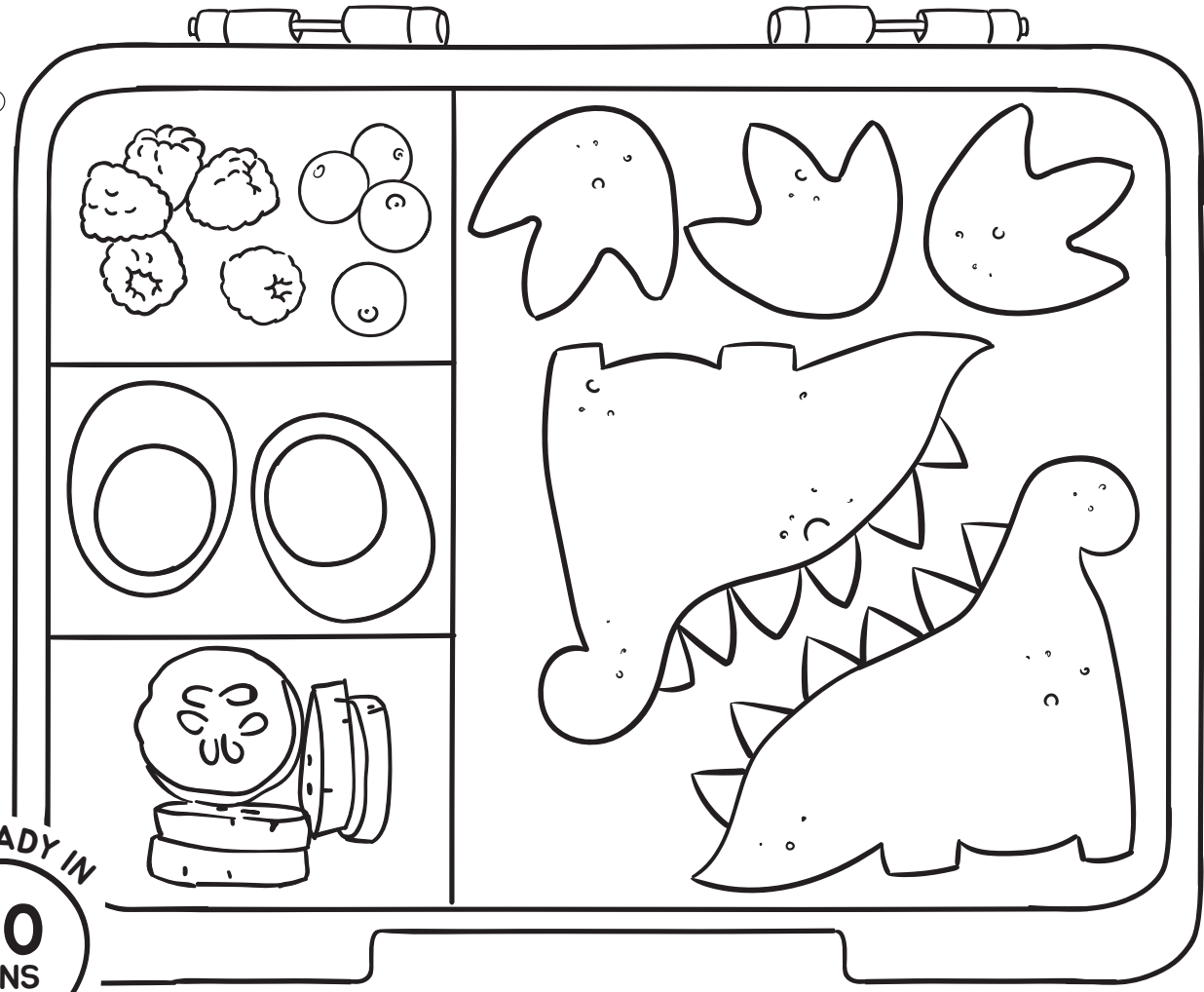
DIY DINO SAUR RECIPE

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COLOUR ME IN!

YOU WILL NEED:

Child safety - All use of knife and hot kitchen appliances must be done by an adult.



READY IN
30
MINS

INGREDIENTS

DINOSAUR SANDWICH:

- X 2 BREAD SLICE
- X 1 CHEESE SLICE
- X 1 AVOCADO
- X 1 CHICKEN BREAST
- SPREAD OF MAYONNAISE
- SPRINKLE PEPPER
- SPRINKLE SALT

DINO CUTTER
WORKS BEST WITH
SOFT BREAD

STOMPER COOKIES:

- 1 CUP QUICK OATS
- 1 CUP WHOLE WHEAT FLOUR
- 1 TSP BAKING POWDER
- 1 TSP GND CINNAMON
- 1 CUP GRATED CARROT
- 1/2 CUP GRATED APPLE
- 1 CUP RAISINS
- 1/2 CUP SUNFLOWER SEEDS
- 1/3 CUP MAPLE SYRUP
- 1/2 CUP COCONUT OIL

OR YOU CAN USE
CHOPPED WALNUTS, OR
CHOPPED PECANS INSTEAD

RAWRSOME SNACKS:

- X 1 CUCUMBER
- HANDFUL BLUEBERRIES
- HANDFUL RASPBERRIES
- X 1 BOILED EGG

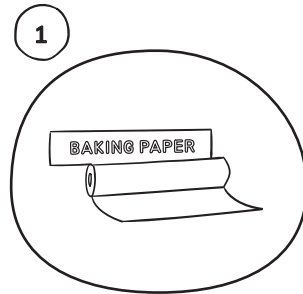
FULL OF VITAMINS
& ANTIOXIDANTS

DIY DINO SAUR RECIPE

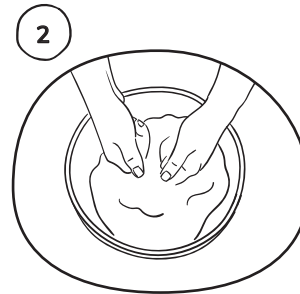
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METHOD

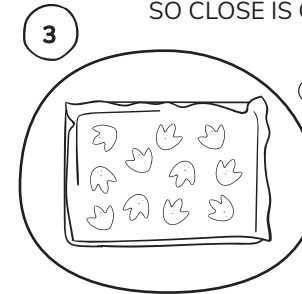
THEY WON'T SPREAD, SO CLOSE IS OKAY.



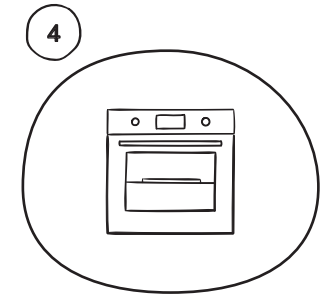
1 Preheat the oven to 190 degrees and line a tray with baking paper.



2 Mix all ingredients together in a large bowl with a wooden spoon. Using clean hands bring the batter together.

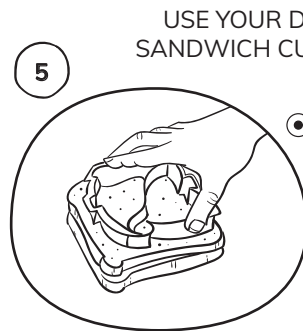


3 Shape cookies like little dinosaur feet and place on the lined tray. Cookies should be about 1-1.5 cm thick.

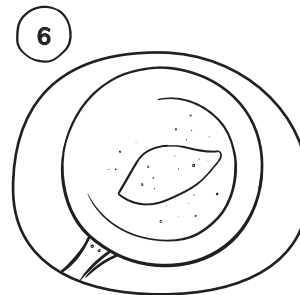


4 Bake for 18-20 minutes or until lightly golden around the edges. Let cool. While baking begin your sandwich.

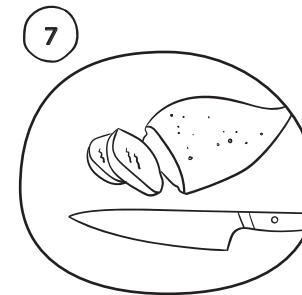
Handy Tip:
To easily peel, gently tap the egg at the big end first, then the small end, then tap all around to gently crack the shell.



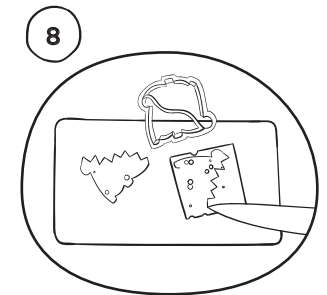
5 Press your dino sandwich cutter onto bread slices & press firmly until you cut all the way through.



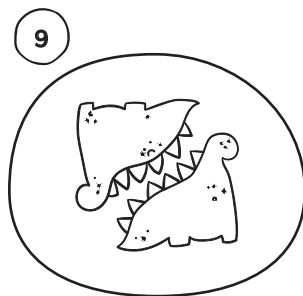
6 Heat a tablespoon of oil in a large fry pan. Season chicken with salt and pepper and cook until chicken is cooked through.



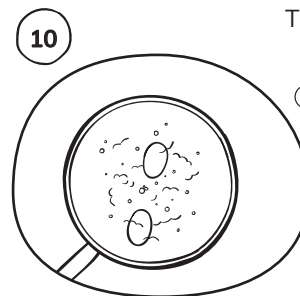
7 Slice chicken into pieces small enough to fit in your dino bread.



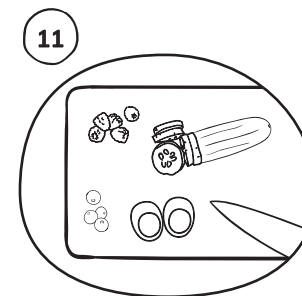
8 Place dino cutter on swiss cheese slice & very lightly press to mark dino shape. Using your knife cut out the shape and add some spikes along the back.



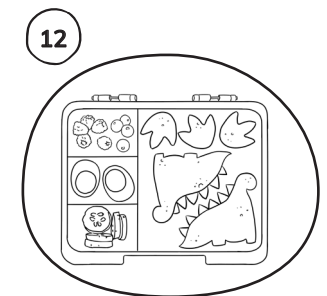
9 Spread mayonnaise on bread & stack with chicken, avocado & dino cheese to create your dino sandwich.



10 Boil eggs for 7 minutes until hard-boiled. Cool then peel off shell and slice in half.



11 Chop up your cucumber and rinse your berries for some rawsome nutritious dino snacks.



12 Place all of your dino bento lunch items into your bento.

COLOUR IN THE RECIPE AS YOU GO!

SEE HANDY TIP BOX