



Healthy Holiday House

Materials you will need:

- Cardboard base or cookie sheet
- Aluminum foil
- 2 – 3 packets plain instant oatmeal
- 1 box whole grain graham crackers
- 2 – 3 100% fruit leathers
- 1 head broccoli
- 1 can mixed nuts (unsalted)
- 1 bag thin whole wheat pretzel sticks
- 1 container honey
- 1 jar natural peanut butter
- 1 box low sugar cereal well shaped to make roof tiles
- 1 bag golden raisins or mixed raisins
- 1 bag dried apricots or mixed fruit
- 1 container unsweetened dried coconut, ground fine
- Colorful fresh fruit(s) of your choice

1 MAKE A BASE

Cover a cookie sheet or large piece of cardboard in tin foil. You may want to tape it in place on the bottom.

2 MIX UP THE MORTAR

Make a packet of plain instant oatmeal. Add less water so it is extra thick. Add a tablespoon of honey to this and let sit for 10 minutes until it has thickened.

3 BUILD THE WALLS

Using the oatmeal as glue and whole grain graham crackers, create the walls of the house. This can easily be done by standing 4 graham crackers in a square shape and gluing them together. You may want to glue them to the base as well. If you want extra support for the walls, place unglued graham crackers inside as crossbeams. Let the walls harden for a bit while you start landscaping!

4 DESIGN WALKWAY

Cut fruit leather into small rectangles (like bricks) and arrange in a walkway to the house. Use different colors to make it look authentic. Glue to base using the honey or natural peanut butter.

5 ADD TREES AND SHRUBBERY

Using fresh broccoli, make trees and bushes. Make different size trees by using different size florets and stems. Break florets apart to make bushes. Crumble the broccoli to make leaves. Hollow out a dried apricot and stand the tree inside the apricot. Glue to the base using the oatmeal mixture.

7 TIME TO ROCK OUT!

Add rocks to the garden by adding mixed nuts and raisins. These can be glued using honey or natural peanut butter.

8 DESIGN GLOWING WINDOWS

When the walls of the house feel dry and sturdy, add windows. This can be done by flattening a golden raisin using a rolling pin or by applying a lot of pressure. Make the flattened golden raisin square using a knife or kitchen scissors. Glue to walls using honey or natural peanut butter.

9 DOOR AND FINISHING

Create a door by cutting a piece of graham cracker with a knife. Add window treatments and a door handle with small pieces of whole wheat pretzels. These can all be glued to the house using honey or natural peanut butter.

10 RAISE THE ROOF!

Design the roof inlays by cutting 2 pieces of graham crackers into triangles. Glue these on top of the front and back walls of the house. When sturdy, layer graham crackers over the triangles to close off the roof. Use a lot of oatmeal mixture to make sure everything is sealed!

11 ADD SHINGLES

Using cereal, layer shingles on the roof. Natural peanut butter works best as the glue.

12 ADD THE EXTRAS

Now the house is complete! Add extra decorations with dried, freeze-dried, or fresh fruit, vegetables, nuts, and pretzels. Provide extras and allow your children to get creative!



13 LET IT SNOW!

When everything on the house is complete, sprinkle the shredded coconut over the house and landscaping. This will make it look like a winter wonderland!

