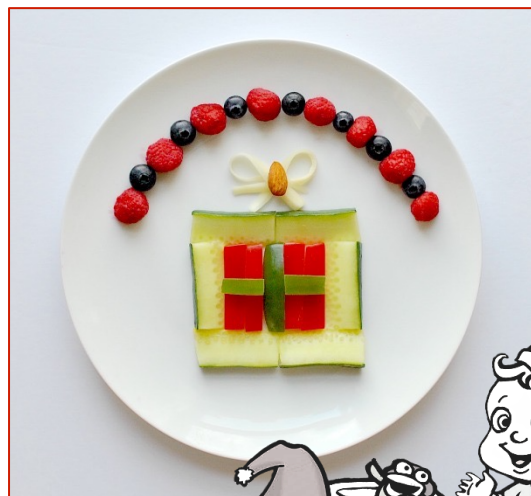
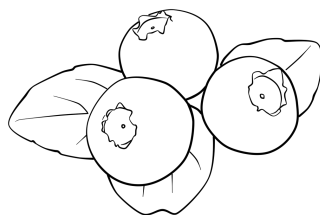


## The Super Crew's Mystery Present

Tom-Tom and Super Baby Abigail packed a special present with powerful fruits and vegetables. Follow their tips to make your own!

### Ingredients:

- 1 medium cucumber
- 8 raspberries
- 7 blueberries
- 1 almond (or other nut)
- 1 string cheese



“Blueberries and other colorful healthy foods help me grow strong!”

- Super Baby Abigail



### Instructions:

1. Slice the cucumber in half, then into rectangles so that you have 10 evenly cut pieces.
2. Slice the red bell pepper in half and cut two tall ½” wide pieces. Cut each one of these in half one more time. Eat the extra pieces for their tasty crunch.
3. Do the same cut with the green bell pepper, but only cut one tall ½” wide piece. Then cut this in half again.
4. Make an arch at the top of your plate with your blueberries and raspberries, one after the other. Make sure they are touching.
5. In the center of the plate, put 5 pieces of bell pepper in a row to make a rectangle – one green in the middle, with two reds on each side.
6. Take your final green bell pepper piece and make a cross with the other green piece.
7. Place the cucumbers so the skin is facing outward to make the outside of the box. Right above the bell peppers, place two pieces of cucumber side by side. Do this on the bottom as well. Then place one on each side of the bell peppers.
8. Peel one piece of string cheese and make a bow on the top of the box.
9. Place your nut of choice in the middle of the bow to finish the present!

“Red foods help improve my memory, so I can remember all the holiday fun!” - Tom Tom