

Incredible Edible Recipes

Caterpillars

What You Need

- A ripe banana for each caterpillar
- Peanut butter (at room temperature)
- Raisins
- Chow mein noodles

What To Do

1. Lay a banana on a cutting board and cut it into half-inch slices. **DON'T MOVE THE BANANA YET.**
2. Put a wad of peanut butter between each slice. Then push the pieces together gently but firmly. (Don't worry if the banana isn't straight.)
3. Give your caterpillar some eyes, a mouth, and feelers, using the raisins and chow mein noodles.

Bees

What You Need

- 1/2 cup peanut butter (at room temperature)
- 1 tablespoon honey
- 2/3 cup dry milk
- 2 tablespoons wheat germ
- Chocolate frosting
- Sliced almonds

What To Do

1. Mix the peanut butter and honey together in a bowl.
2. Stir in the dry milk and wheat germ and mix thoroughly.
3. Pick up teaspoonfuls of dough and shape them into ovals. (Those are the bees' bodies.)
4. Lay the ovals on a baking sheet. Leave enough space between the bodies for the wings.
5. Make chocolate stripes by dipping a toothpick into the frosting and dripping it across the ovals.
6. Use the sliced almonds to create a pair of wings for each body.

Bird Nests

What You Need

- 1 cup carrot strips
- 1/2 cup chow mein noodles
- Low-fat vanilla yogurt
- Grapes (or raisins)

What To Do

1. With a vegetable peeler, peel carrots, cut off the ends, and then wash.
2. Keep on peeling, until you have a good pile of carrot strips.
3. Gently mix the carrots and noodles.
4. Add the yogurt and blend the mixture just enough so that you can shape it.
5. Shape small bird nests and arrange them on a platter.
6. Add the grapes to the nests for eggs.