



貓咪米餅

Kitty Cat Rice Cracker



Serves

1

人分量



自製健康小食的貼士

Tips for home-made healthy snacks

1. 蔬菜和水果如甘筍、香蕉、青提、提子乾提供豐富的膳食纖維和維生素，有益健康。
 2. 在香蕉片上加數滴檸檬汁，可防止香蕉因氧化而變黑。
 3. 宜選不經油炸的米餅。
1. Vegetables and fruit, such as carrot, banana, green grape and raisin, provide a lot of dietary fibre and vitamins that are beneficial to health.
 2. Add a few drops of lemon juice in the bananas to prevent it from browning.
 3. Choose non-fried rice crackers.



食材 Ingredients

米餅(圓形)	1片	Rice cracker (round shape)	1 piece
士多啤梨	1粒	Strawberry	1 piece
香蕉	½隻	Banana	½ piece
藍莓乾	數粒	Dried blueberry	A few pieces
提子乾	數粒	Raisin	A few pieces
白麵包	1片	White bread	1 slice

調味料 Seasonings

花生醬	1湯匙	Peanut butter	1 tablespoon
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烹調步驟 Cooking Method

1. 士多啤梨洗淨，切薄片。
 2. 香蕉去皮、切片，再從一塊香蕉片中切出一個小三角形。
 3. 白麵包切幼條。
 4. 在米餅上塗上花生醬。
 5. 將士多啤梨放在米餅上作耳朵、藍莓乾作眼睛、提子乾作鼻子、香蕉片作臉頰、三角形香蕉作嘴巴，和麵包條作鬍鬚。
1. Wash and slice the strawberry.
 2. Peel and slice the banana. Cut a small triangle out of one of the banana slices.
 3. Cut the white bread into thin shreds.
 4. Spread some peanut butter on the rice cracker.
 5. On the rice cracker, put the strawberry slices on as ears, dried blueberries as eyes, raisin as nose, banana triangle as mouth and bread shreds as whiskers.