

**Fun Food:**

# Sunshine Muffin

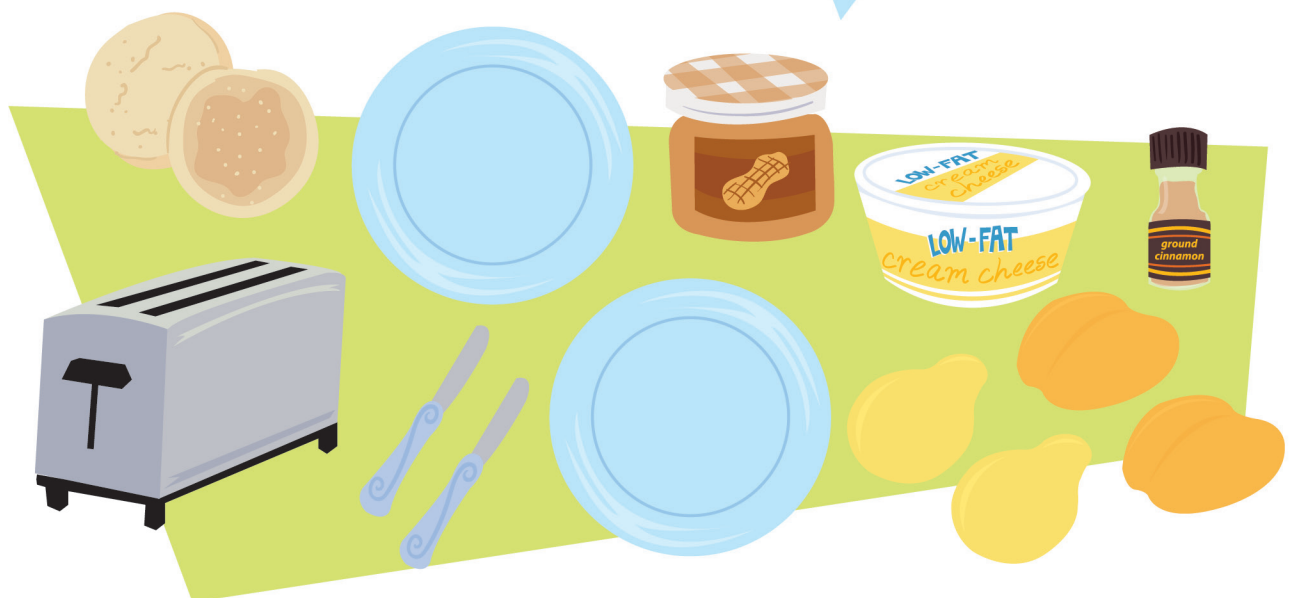
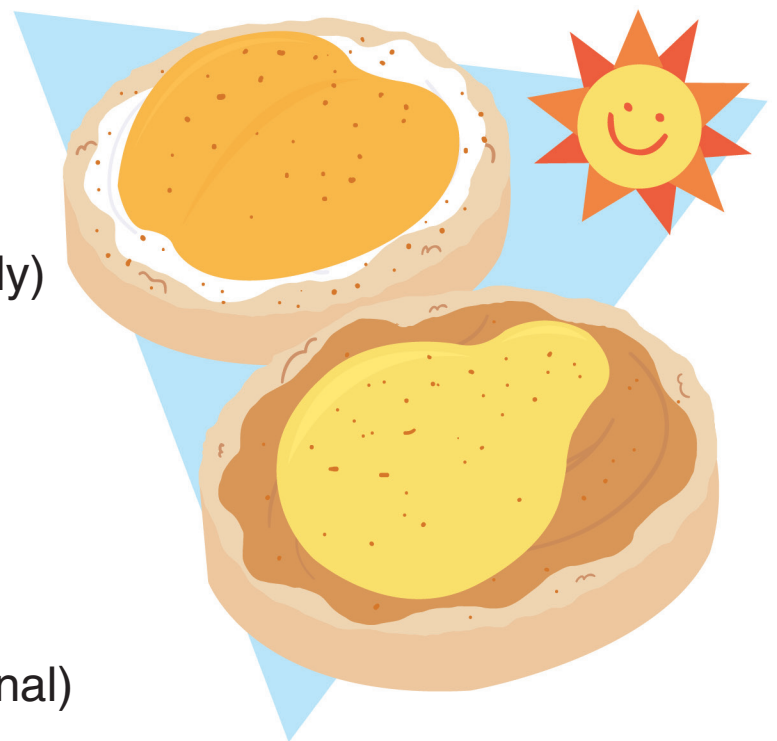
Art by Christopher Wurth

After a good night's sleep, fuel up with this sunny breakfast treat. Ask an adult to help you.

## You Will Need:

(Makes 2 servings)

- 1 whole-wheat English muffin, halved
- Toaster (for adult use only)
- 2 plates
- 2 butter knives
- Peanut butter or low-fat cream cheese
- 2 canned pear or peach halves, drained
- Ground cinnamon (optional)





## What to Do:

1. Wash your hands.  
Ask an adult to toast the muffin halves and put them on the plates.

2. Spread a thin layer of peanut butter or cream cheese on the muffins.



3. Place a pear or peach half cut-side-down on each muffin. Sprinkle cinnamon over the top and enjoy.

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