Recipe Ingredients:

- Whole wheat, multigrain or rye bread
- Low fat plain yogurt
- Seeds (of your choice)
- Colorful fruits (pick your favorites)
- Cacao nibs & coconut flakes
- An adult to help you

Craft Supplies:

- Coloring supplies
- A printer
- Kid friendly scissors
- A pen or pencil
- Two sheets of paper
- An adult to help you

Let’s get started!

**STEP 1**
Print out a copy of Tiana’s Toast recipe book.

**STEP 2**
Carefully cut out the template. Remember, all cutting should be done by an adult.

**STEP 3**
Now, fold the paper in half. Now, fold it half again. One last time, fold the paper in half. Great job! Time to open up the paper. Your paper should now have eight little rectangles.

**STEP 4**
Fold the paper in half so you see 4 rectangles. (2 on top and 2 on bottom) Cut along the solid line.

**STEP 5**
Open up your paper again and now fold it long wise. (4 rectangles in 1 line). Using two hands, push the ends of the paper towards the middle. The center of the paper will push out to create 4 flaps.

**STEP 6**
Fold over one last time. You did it! You’ve made a booklet.

**STEP 7**
Follow the steps in the booklet to make your own delicious toast!

Be sure to join the Courage & Kindness Club in their next adventure as they continue to learn the courage & kindness it takes to be a princess.

Tiana never gave up on her dreams. She is full of determination.
Step 1: Toast two slices of whole wheat, multigrain, or rye bread.

Step 2: Spread on some low-fat plain yogurt.

Step 3: Now, top your toast with some of your favorite fruits.

Step 4: You can even add seeds, coconut flakes, cacao nibs or dried fruits like raisins.

Step 5: Enjoy! Draw your finished toast here.
Recipe Ingredients:

- An adult to help you
- Nuts (of your choice)
- Seeds (of your choice)
- Freeze dried fruits
- Crunchy snacks (pretzels, unsweetened cereal)

Craft Supplies:

- An adult to help you
- Coloring supplies
- A printer
- Kid friendly scissors
- A pen or pencil
- Two sheets of paper

Let's get started!

**STEP 1**
Print out a copy of Mama Odie’s Trail Mix recipe book.

**STEP 2**
Carefully cut out the template. Remember, all cutting should be done by an adult.

**STEP 3**
Now, fold the paper in half. Now, fold it half again. One last time, fold the paper in half. Great job! Time to open up the paper. Your paper should now have eight little rectangles.

**STEP 4**
Fold the paper in half so you see 4 rectangles. (2 on top and 2 on bottom) Cut along the solid line.

**STEP 5**
Open up your paper again and now fold it long wise. (4 rectangles in 1 line). Using two hands, push the ends of the paper towards the middle. The center of the paper will push out to create 4 flaps.

**STEP 6**
Fold over one last time. You did it! You’ve made a booklet.

**STEP 7**
Follow the steps in the booklet to make your own delicious trail mix!

Don’t forget to join the Courage & Kindness Club in their next adventure as they continue to learn the courage & kindness it takes to be a princess.

Tiana never gave up on her dreams. She is full of determination.
Step 1: Grab a mixing bowl.

Step 2: Pour in some of your favorite nuts and seeds.

Step 3: Add in some crunchy foods like cereal and pretzels.

Step 4: Now for some fruits! You can add dried fruits like raisins.

Step 5: Enjoy! Draw your finished trail mix here.