

Snack/Picnic Ideas

All these kid friendly ideas can be done with just a toaster, knife or spreader and a few simple food ingredients. Start by toasting ANY Natural Ovens bread or bagel of choice. Then add the following:

- Spread with honey or *Smart Balance* Peanut Butter
Sprinkle with *Flax Complete**, *Great Granola**, toasted sesame seeds, or sunflower seeds
- Spread with layer of store bought basil pesto
Sprinkle with finely shredded mozzarella cheese
- Top with ready made bruschetta (found in refrigerated section of grocery store)
Sprinkle with finely shredded parmesan or mozzarella cheese
- Top with a thin sliced of nitrite free baked ham (found in deli section of store)
Top with a sweet pickle chip
- Spread with Cheddar cheese spread (*Merk't's*)
Sprinkle with toasted sesame seed
- Spread with almond butter
Top with sprinkle of *Flax Complete**
- Spread thin layer of Swiss Almond cheese spread (*Merk't's*)
Top with thin slice of nitrite free baked ham (found in deli section of store)
- Spread with low fat cream cheese and apple butter
- Dip into your favorite hummus spread

**If these Natural Ovens products are not available in your store, contact customer service.*

