



COOKING

MUFFIN, APPLE & CHEESE

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DESCRIPTION

Snack time will never be the same again! Watch as Carrie and her friends try to change ordinary after-school chow time into wow time. With only 15 minutes and 3 ingredients, will the A-TV kids have enough time to make something new?!

INGREDIENTS

- 1 package of Cheddar cheese
- 2 English muffins
- 1 apple

DIRECTIONS

1. For today's snack challenge, you have 3 ingredients that you have to use, an apple, English muffins, and some cheddar cheese. You are going to have to use your imagination to come up with some creative ways to use these ingredients together to create a new snack.
2. You may use any other ingredients you have in your pantry or refrigerator that would make your snack more delicious and maybe even more nutritious.
3. You may use the stove, oven, microwave, toaster, blender, or any other kitchen tool as long as you are working along side of an adult.
4. You have 15 minutes and that's it! Use 3 minutes to brainstorm your ideas. You need to have your snack prepared, your area cleaned and your snack plated and presentable all within 15 minutes.