

Sunflower & Buzzy Bees

Serves 6

Ingredients:

2 large yellow bell peppers
12 oz lowfat ricotta cheese
Honey
Vanilla
Blackberries

Bees: 1/4 c sesame tahini
1 T honey
1 big shredded wheat biscuit, crushed up
2 T skim milk powder
(cocoa powder)
(spray oil)
Chex cereal – hexagon-shaped ones would look better than square
Currants

Directions:

In medium bowl, stir together tahini and honey.

Stir in crumbled shredded wheat biscuit and milk powder.

Work with hands, and divide into 6 or 7 portions.

Shape into bee body shape.

Spray one end very lightly with oil. Dip back of fork in cocoa powder, make dark marks in oil (bee stripes)

Dip cereal in honey, and stick into bee body for wings.

Cut currants in half for eyes, stick into place with toothpick dipped in a little honey.

Set aside.



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2 large yellow bell peppers
12 oz lowfat ricotta cheese
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Vanilla
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Directions:

Mix ricotta cheese with about 1 T honey and 1 t vanilla - to taste.

Wash and dry blackberries.

Wash and slice yellow peppers into “petals”.

Mound cheese in center of serving platter, stick petals into mound. Pile blackberries in center, and arrange bees around the flower.

Appreciate its cute appearance before devouring!

