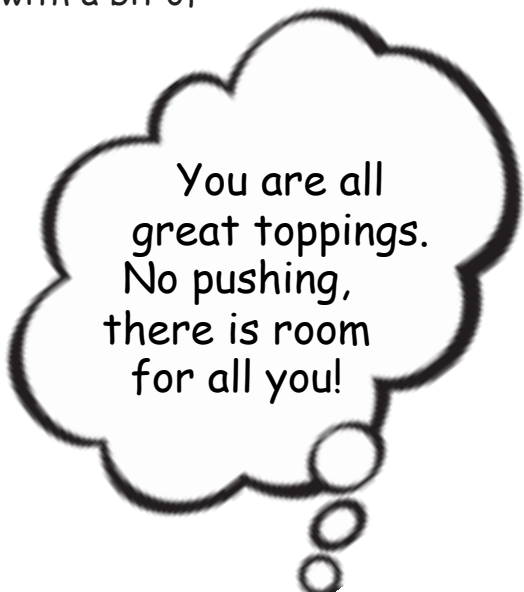


Chef Solus Favorite Rice Cake Toppings

Rice cakes are great snacks for kids because they are healthy, low calorie and you can put your child's favorite foods on them.

1. goat cheese, sliced tomato and basil leaves
2. low fat melted cheese and diced vegetables
3. sliced lean meat and a slice of low fat cheese with a bit of mustard
4. cottage cheese ricotta cheese and dried fruit
5. low-fat cream cheese, tomato and cucumber
6. tuna salad
7. black bean dip
8. mashed avocado
9. fruit butters or fruit spreads
10. hummus
11. peanut butter or any nut butter with honey
12. cooked sliced apple with cinnamon and brown sugar
13. cream cheese with sliced seasonal berries
14. peanut butter or any nut butter and sliced fruit
15. sliced bananas sprinkled with cinnamon sugar



You are all
great toppings.
No pushing,
there is room
for all you!

