

Cookie Cutter Tips and Recipes

Cookie cutters aren't just for sweet treats in the kitchen. Here are five simple ways to celebrate WIC and make food fun for your family using a cookie cutter.



1.

Cut fun shapes into fruits and vegetables.



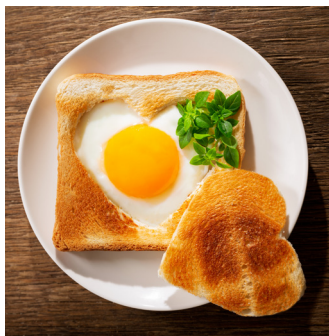
2.

Cut the crust off the sandwich.



3.

Cut the center from a slice of bread and cook an egg in the cut out.



4.

Make fun shapes out of cheese.



5.

Make fun shapes out of tortillas.

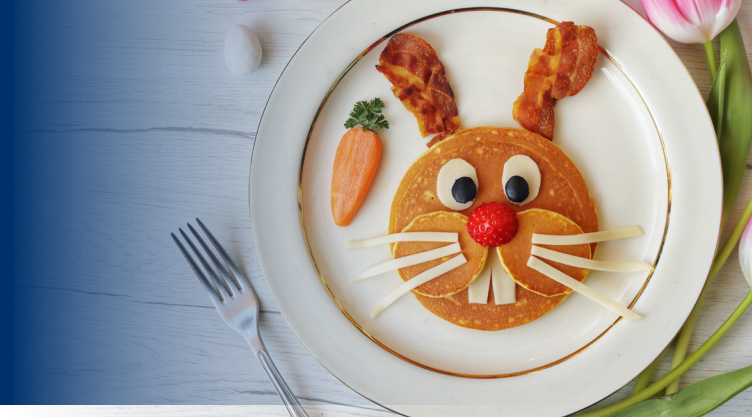
Note: Fruit and veggie scraps can be added to smoothies or used in a salad. Use crusts for croutons and add cheese bits to salads or soups.



Department of Health

Women, Infants, and Children Program (WIC)

More Fun Tips



Homemade cereal or granola treats can be cut into shapes.

Tasty Tuna Cakes



Cookie Cutter Quesadillas



Other activities

