



# CAPE COD COOPERATIVE EXTENSION

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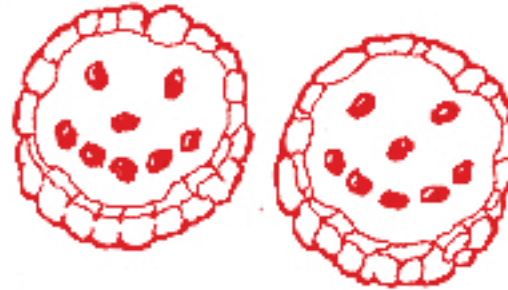
## Make Your Own Green Eating Machine!

### INGREDIENTS:

- One Rice Cake
- Light cream cheese
- Your favorite green fruits and veggies

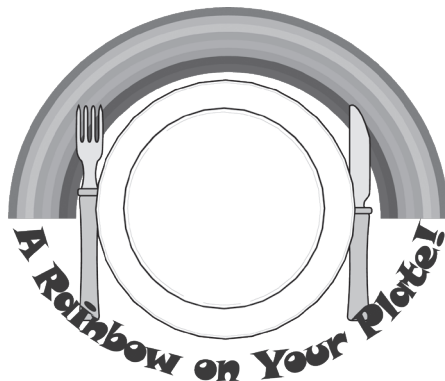
### DIRECTIONS:

1. Spread rice cake with cream cheese.
2. Make a face using your assortment of green fruits and vegetables.
3. Eat your Green Eating Machine!



ADD SOME GREEN!

- Sliced kiwi
- Sliced green grapes
- Sliced celery
- Cucumber slices
- Small zucchini, sliced
- Frozen peas, thawed
- Green peppers
- Edamame
- Green apples
- Avocado
- Green Beans



Green Fruits and vegetables may help lower the risk of some types of cancer. They are good for vision, and strong bones and teeth. Choose several types of green fruits and vegetables to eat. And don't forget to create *A Rainbow On Your Plate!*