Rice Cake Faces for kids

Snacks · ages 5 to 9 (grades K–3rd) · about 15 minutes · serves 2

Let's turn snacks into silly faces! Who will yours look like? Steps marked Grown-up step are for a grown-up to do.

Ingredients

- 2 rice cakes
- 3 tablespoons cream cheese
- 1 cucumber
- 2 cherry tomatoes
- 1 carrot
- 1 handful blueberries (optional)

Tools

A cutting board, A sharp knife (grown-up), A butter knife, Measuring spoons, A plate.

Steps

1. Wash your hands with soap for twenty seconds, then let's make Funny Face Crunchers!
2. Grown-up step: A grown-up slices 1 cucumber into thin rounds and cuts 2 cherry tomatoes in half.
3. Grown-up step: A grown-up cuts 1 carrot into thin sticks for the smile and the hair.
4. Spread 3 tablespoons of cream cheese all over each rice cake, right to the edge.
5. Press on two cucumber eyes, and a blueberry in each one.
6. Add half a tomato for a nose and a carrot stick for a smile.
7. Give it carrot hair, then name your face and crunch!

Safety notes

- Sharp! A grown-up does this part.
- Contains milk. Swap an ingredient for an allergy where the recipe lists a swap.
- Round, slippery foods are a choking risk for little ones under 4: cut them in quarters.
- Raw carrot is hard and round-ish for little ones under 4: grate it or cook it soft.
- Squash blueberries a little for little ones under 4.
- Read the label on packets for allergies.
- A bit messy.

Kitchen science

Crunchy and creamy feel different in your mouth: the dry rice cake snaps, and the soft cream cheese spreads and sticks the face on.

Make it your own

- Make a whole family of faces, big and small.
- Use red pepper for rosy cheeks or a big red mouth.
- Swap the cream cheese for mashed avocado: a green face!

Questions about rice cake faces

Are rice cakes gluten-free? Most plain rice cakes are, but some are made with other grains or in shared factories. Read the label if gluten matters at your table.

Is this safe for toddlers? Cherry tomatoes and carrot sticks are choking risks under 4. Cut tomatoes in quarters, and grate the carrot instead of cutting sticks.

Can I make them ahead? Not for long: the rice cake goes soft under the cream cheese. Build them just before eating.

Free at peabody.kids/kitchen/rice-cake-faces