

Mixer makes Potato faces



YOU NEED:

- an adult to help you • 1 large baking potato for each person (1 potato makes 2 faces)
- a fork • a knife • low-fat cream cheese • pesto
- and some of these: • carrot sticks • cherry tomatoes • slices of cucumber
- peas • some sweetcorn • baked beans • red pepper • green pepper
- radish • olives – green, black and stuffed • grated cheese • alfalfa sprouts



1

First prick the potatoes with a fork. Then, ask an adult to bake them in a hot oven (220°C, 425°F or Gas Mark 7) for about an hour or until a fork will easily go through the potato.



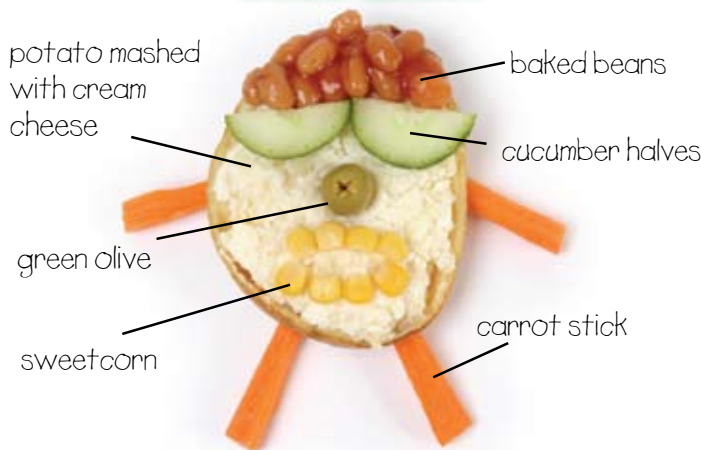
2

Ask the adult to cut the cooked potatoes in half longways.

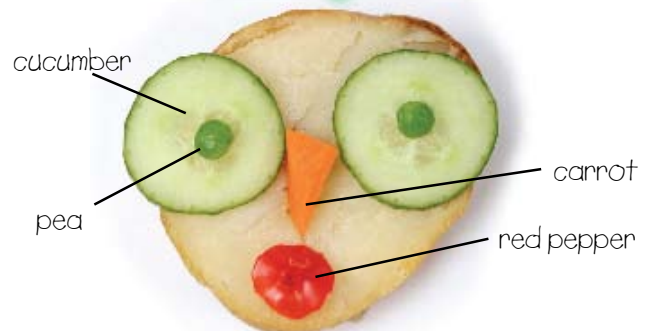
3

Let the potatoes cool down a little then try out some of these faces – or make up your own!

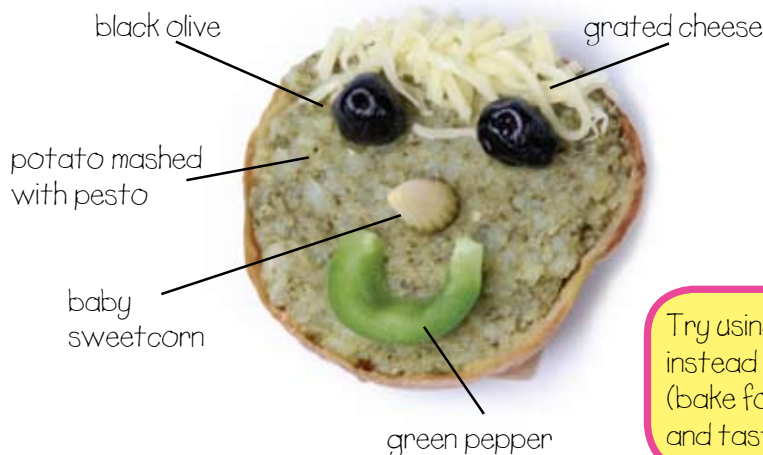
Bean head!



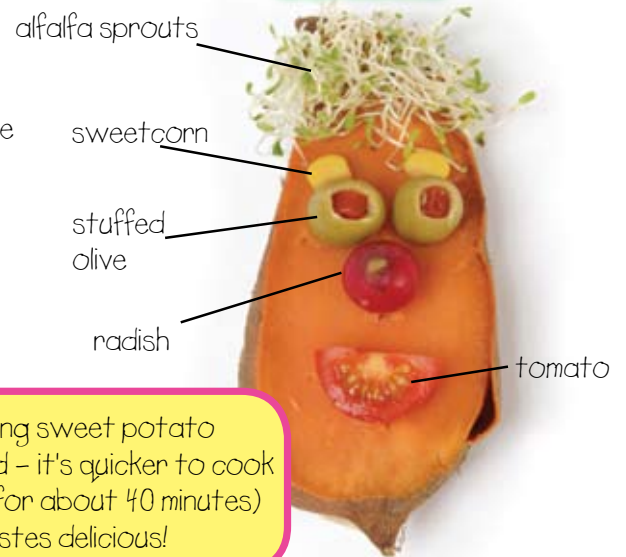
Gul eyes



Pesto man



Sweetie



Try using sweet potato instead – it's quicker to cook (bake for about 40 minutes) and tastes delicious!