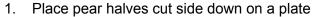
Polar Bear Pears with Cottage Cheese

We frequently eat cottage cheese with pears for lunch at our house. Canned fruit is a staple at our house in the winter when fresh fruit is expensive. This recipe adds a little bit of fun to a familiar food. Raisins are a choking hazard for children less than 1 year of age, be sure your child can chew and swallow raisins before serving them.

Makes: 1 bear Takes: 2 minutes

Ingredients:

2 canned pear halves 12 raisins 1/4 cup cottage cheese 5 banana slices



- 2. Have your child cut bananas
- 3. Put the bananas on the bear for ears, hands and muzzle
- 4. Place raisins to make eyes, a mouth and paws. You will have to bite the nose and mouth raisins to get them to the right shape.
- 5. Enjoy your snack together! Try reading "Polar Bear, Polar Bear, What Do You See" by Eric Carle after eating.

