

The Rainbow Bite

Let's face our breakfast



Have you ever eaten the rainbow?

It's actually quite simple! Scarlet and her sister have the perfect recipe for a fun breakfast that includes all the colors. So, let's have a look...

What you need:

In our article, you can see a slideshow that explains the nutrition rainbow. Check it out to know how foods with different colors offer different health benefits. Now you can choose your own colorful ingredients. Here is a list with some examples:



Sweet breakfast

Toast with butter

Strawberries

Mandarin

Banana

Kiwi

Blueberries

Salty breakfast

Toast with cheese or cream cheese

Tomatoes

Carrot

Yellow pepper

Cucumber

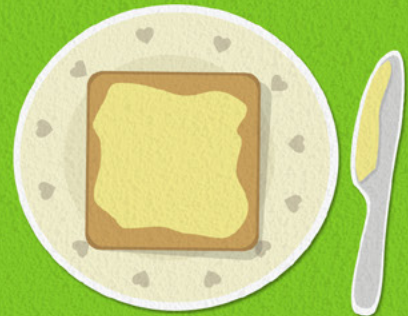
Black Olives



Lets' start:



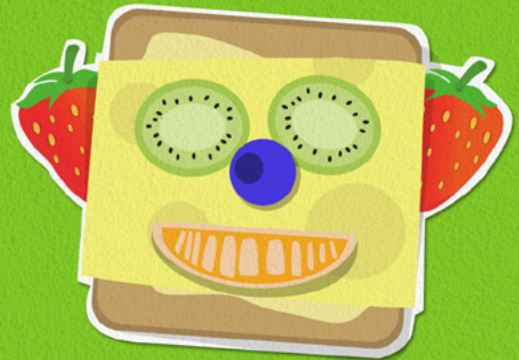
- 1** To prepare the Rainbow Bite, place the toast in the middle of the plate. It will become the face.



- 2** After that smear some butter, cheese or cream cheese on it. It helps the food to stick.



- 3** Now we are creating the face! For that you can use the different ingredients on the list above or any others you have chosen. But make sure you are using all colors of the rainbow for the eyes, nose, mouth, ears and hair!



- 4** **Aaaand here it is** – our breakfast with all colors of the rainbow that helps to keep us healthy.

Enjoy it and have a good start to your day!



Scarlet chose a grape for the nose and olives for the eyes. Did you see the toast is sticking out its strawberry tongue? Strawberries actually have loads of antioxidants that are important for your heart!



Her sister **Maddie** instead placed blue berries for the eyes and a strawberry for the nose. Her toast even has banana eyebrows! This combination has a lot of fiber and vitamin C!

