



early childhood community development centre

Jack's Beanstalks

Ingredients

- 1 can (16 oz) kidney beans
- ½ cup grated cheddar cheese
- ½ tsp chilli powder
- celery stalks

Directions

1. Drain beans and rinse well.
2. Mash beans with fork or in blender.
3. Add a little water for creamier texture.
4. Stir in cheese and chilli powder.
5. Simmer mixture in a saucepan over low heat until cheese melts. Refrigerate.
6. When cool, stuff celery stalks with mixture.
7. Cut into bite-sized pieces.
8. Keep refrigerated in airtight containers.

Source: Healthy Snacks for Kids

For more great day care recipes, visit www.eccdc.org
