

# THE CrossFit *kitchen* K I D S



Sweet Cheeks Headquarters

## O, CHRISTMAS TREE!

by Shirley Brown and Alyssa Dazet  
Sweet Cheeks Headquarters

### overview

O, Christmas tree! O, Christmas tree!

Your leaves are so crisp and crunchy.

O, Christmas tree! O, Christmas tree!

I go to you when I want a munchy.

O, Christmas tree! O, Christmas tree!

I love your salty pepperoni star.

O, Christmas tree! O, Christmas tree!

You beat eating Christmas cookies by far.

### ingredients

1 green apple

1 piece of pepperoni

Approximately 10 dried cranberries

### notes

*Raisins or dried cherries can also be added as decorations. Use three pieces of pepperoni for the star if you wish for a higher protein content.*

### directions

1. Cut the apple length-wise down the middle, then cut each half width wise into ½-inch slices.
2. With each slice, cut out the core of the apple by leaving a curve from corner to corner, so each slice is the shape of a half moon.
3. Place the apple slices on a plate in the shape of a Christmas tree—as shown in the picture.
4. Place the cranberry decorations on the apple branches.
5. Cut the pepperoni in the shape of a star and place on top of the tree.

