
THE **CrossFit** *kitchen*

K I D S



DON'T WORRY, BE HAPPY

by Sweet Cheeks Headquarters

overview

You are what you eat, so why not eat something smiley? Have the kids help you prepare this one by asking them what color they want the hair to be. Yellow can be spaghetti squash, and for orange use butternut squash. A request of blue? Then load up on blueberries (why not?). Purple hair can be made from eggplant. There are endless ways you can prepare this healthy happy face for dinner over and over again.

Makes 1 hamburger happy face

blocks

3 carbohydrate blocks

3 protein blocks

3 fat blocks

ingredients

- 4.5 oz. ground beef
- 2½ cups broccoli
- 6 asparagus spears
- 1 red-pepper bottom
- 2 black olives
- 1 dollop of mustard
- 1 tsp. olive oil

directions

1. Heat olive oil in a skillet over medium heat.
2. Shape the beef into a thin, round patty, making sure to have a flat face surface. Cook in the skillet until done.
3. As the patty is cooking, steam the broccoli and asparagus. When done, let the veggies and the patty cool for about 5 minutes.
4. Take the bottom of the red pepper and cut in half. Then trim a small semicircle out of the cut flat side of the pepper to make a smile.
5. Place the patty on a plate. Top with broccoli and asparagus for hair. Add the olives for eyes and the red pepper for a mouth. Finish the face with a dollop of mustard for the nose.