



All Aboooooard! It's a Dino Breakfast



T. rex Footprint Pancakes - with adult help, children shape the batter into the large three-toed feet of a Tyrannosaurus.



Paleontologist Pancakes - Make small pancakes, then stack them up 5 or 6 high (maybe putting apple sauce or sour cream between them), and hiding “fossils” between the layers - the fossils being pieces of strawberry, banana slices, chocolate chips, and so on.



Stegosaurus Smoothie - a colorful, healthy fruit smoothie made with a blend of yogurt, a frozen banana, and any other fruit you wish. Serve it in a flat plate or dish with a rim. In the middle of the dish, place a line of triangular fruit pieces – such as pineapple, apples, or cantaloupe. These little fruity triangles will look like the plates on a stegosaurus’ back.



Triceratops Eggs - Scrambled eggs that have “horns” sticking out of them - made of breadsticks.



Dr. Scott’s Favorite Trail Mix - After breakfast, go on a nature hike. You’ll need a high-energy snack for the road. Explain that paleontologists sometimes have to explore remote areas, so ask kids to create a mix of healthy nuts, dried fruit and maybe dried cereal.

IMPORTANT NOTE:

Before serving any of these dishes, make sure that no children are allergic to any of the ingredients, or should not eat particular foods because of a family dietary practice, such as vegetarianism.



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