

This is a simple, fun addition to any of your Valentine Day's meals. These cute hearts can accompany your breakfast eggs, lunch soup or dinner salad.... or just be a snack with some strawberry jam. The kids will enjoy magically coloring the sesame seeds and forming shapes with the dough (so will the grown-ups!).

Breadstick Hearts

Makes 6 Hearts



Ingredients:

Tube of Breadstick Dough

Sesame Seeds

Red Food Coloring

Water or 1 Egg white

Directions

Preheat oven to 375°

Have a cookie sheet ready for the hearts.

Unwrap breadsticks.

Squeeze the ends of 2 precut breadsticks together.

Twist the dough to form a long spiral and then shape it into a heart on the cookie sheet.
Squeeze or twist the ends together.

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Repeat with the rest of the dough.

Brush water or egg whites over the top of the hearts.

Sprinkle with red sesame seeds.

Bake at 375° for 10-13 minutes, or follow the manufacturers directions.

Red Sesame Seeds

Place 4TBS of sesame seeds in a zip lock bag.

Sprinkle a few drops of red food color into the bag.

Close the bag securely.

Gently knead the bad to disperse the color throughout the seeds.

Empty the bag onto a plate and let the seeds dry before using them.

Caution: The color from the sesame seeds can transfer to hands or napkins.

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