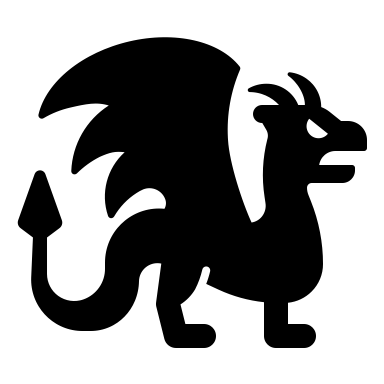
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** An Energy Snack for St George**

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| --- | --- | --- |
| Make then your own and try to add 4 ingredients into each dish | Trail Mix Bar Idea (Recipe Kids Will Love) | Somewhat Simple | Here’s some ideas of snacks you can try making at home. The kinds of things St George would need for energy, strength and concentration and concentration. Make them your own and try to use at least 4 ingredients in each dish. |
| |  |  | | --- | --- | | page1image29731840 | page1image29733360 | | page1image29742736 | Make your own energy bursting trail mix. | | Rainbow Fruit Kabobs - Taste The Rainbow! | 4 Fun Sushi Sandwich Roll-Ups Recipes - Eats Amazing. |