

Freddy, Fork it Over!® Fact Sheet



- authored by Farah Salim Eck & Brandy Moore Grove
- 40+ recipes taste-tested and approved by kids
- unique, notebook-themed design with writable spaces
- 10+ educational and entertaining activities
- 8 pages of resources & tips
- full color professional photos of each recipe
- beautiful illustrations featuring Silverton family

The Level indicates whether the recipe is one, two or three stars



Stars indicate the age & necessary supervision

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The colors of the Recipe card show which type of food or meal it is:

- Yellow = Breakfast
- Orange = Lunch
- Dinner = Blue
- Purple = Party Treats/Snacks

Level = ★ Level = ★★ Level = ★★★

Nutrition Content for One Serving:					
Calories	Fat	Saturated Fat	Carbohydrates	Sodium	Sugars
75	6g	3g	3g	209mg	1g



The computer printout shows the nutritional content for one serving.

RECIPE

Preheat oven to 375°F. Unroll dough until flat and cut into 12 equal squares.

Line mini muffin tins with mini paper baking cups. Place dough squares in cups and shape edges to keep contents from spilling out. Divide cheese among cups; top with vegetables. Pat down with a spoon.

In a small bowl, combine egg and whipping cream and beat until frothy. Add garlic, salt, pepper, dill, basil, and stir.

Spoon egg mixture over vegetable filling to edge of tin. Bake for about 15 minutes. Cool before serving. Makes 12 servings.

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You'll help Freddy help other kids!

A portion of proceeds from each copy will benefit these organizations:

- Children's Miracle Network at HSHS St. John's Children's Hospital
- genttkids
- UNICEF