

FOOD FROM THE FOREST!

Make Mermaid Confetti

With the help of an adult, try this recipe for tasty drop biscuits with seaweed bits.



Ingredients:

- 1/3 cup shortening
- 1 3/4 cups flour (whole wheat pastry flour is great)
- 2 1/2 teaspoons baking powder
- 3/4 teaspoon salt
- 1 cup milk (approximately)
- 1 package dried seaweed snacks

Instructions:

1. Preheat oven to 450 degrees.
2. Mix shortening, flour, baking powder, and salt.
3. Stir in milk until dough is a sticky ball.
4. Crumble dried seaweed snacks into bits.
5. Mix into the dough.
6. Drop dough by spoonfuls onto a greased cookie sheet.
7. Bake until golden brown, 10 to 12 minutes.



The Forest in the Sea
By Anita Sanchez

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SPA FROM THE FOREST!

Make a Peel-Off Face Mask

With the help of an adult, you can make your own peel-off face mask.

You will need:

- Herbal tea (chamomile or green tea are good ones to try)
- Unflavored dried nori seaweed (no spices!)

Instructions:

1. Brew the tea.
2. Pour tea into a large shallow bowl.
3. Rip the seaweed into strips.
4. Soak the strips in the tea for a few seconds. Not too long or they will fall apart!
5. Carefully put the strips onto your face.
6. Sit for approximately 15 minutes.
7. Peel the strips off.



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