## FOOD FROM THE FOREST! Make Mermaid Confetti

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



## **Ingredients:**

- ½ cup shortening
- 1¾ cups flour (whole wheat pastry flour is great)
- 2½ teaspoons baking powder
- ¾ 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.





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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.

# THE FOREST IN THE SEA

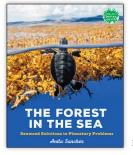
#### You will need:

- 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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