

Tea Sandwiches for Kids

CUCUMBER TEA SANDWICH

1. Butter bread and place inside very thinly sliced cucumber (English if available)

Gran's tricks: Over time add other tastes (cream cheese, goat cheese, smoked salmon, ham, watercress, thin slice of cheddar.

CHICKEN SALAD TEA SANDWICH

1. Finely shred roasted chicken.
2. Add some mayonnaise to taste so that it binds the meat.
3. Adjust the flavors to what your child likes (finely chopped grapes, celery or walnuts) Try adding some dill or parsley?
4. Spread on bread (try adding a thin spread of cream cheese flavored with dill oil

CONFETTI VEGGIE TEA SANDWICH

1. Simply shred some colorful veggies (carrots, celery, peppers, or cucumber)
2. Mix some cream cheese or goat cheese with the shredded veggie mix.
3. Add few drops of freshly squeezed lemon. Spread on the bread.
4. Spread on bread

MERMAID/PIRATE TEA SANDWICH

1. Take some cottage cheese or cream cheese and mix it with potted or canned tuna and few drops lemon
2. Juice (or dill oil)
3. Spread on bread

FRUITY TEA SANDWICH

1. It's as simple as spreading the bread with some delicious strawberry.
2. Or try using fresh strawberries
3. Consider pairing with a cream cheese or Nutella.

Gran's Tricks: To make it even more fun to make and eat, use a cookie cutter to cut out shapes in the bread before assembling the sandwich. I suggest a shamrock for an Irish tea.