



Disney PRINCESS

SKAB DIN VERDEN

Lege-Kæden

Aktivitetshæfte



Disney
PRINCESS

SKAB DIN VERDEN

Find dine flotteste farveblyanter frem og hjælp
med at gøre Askepot klar til bal på slottet.

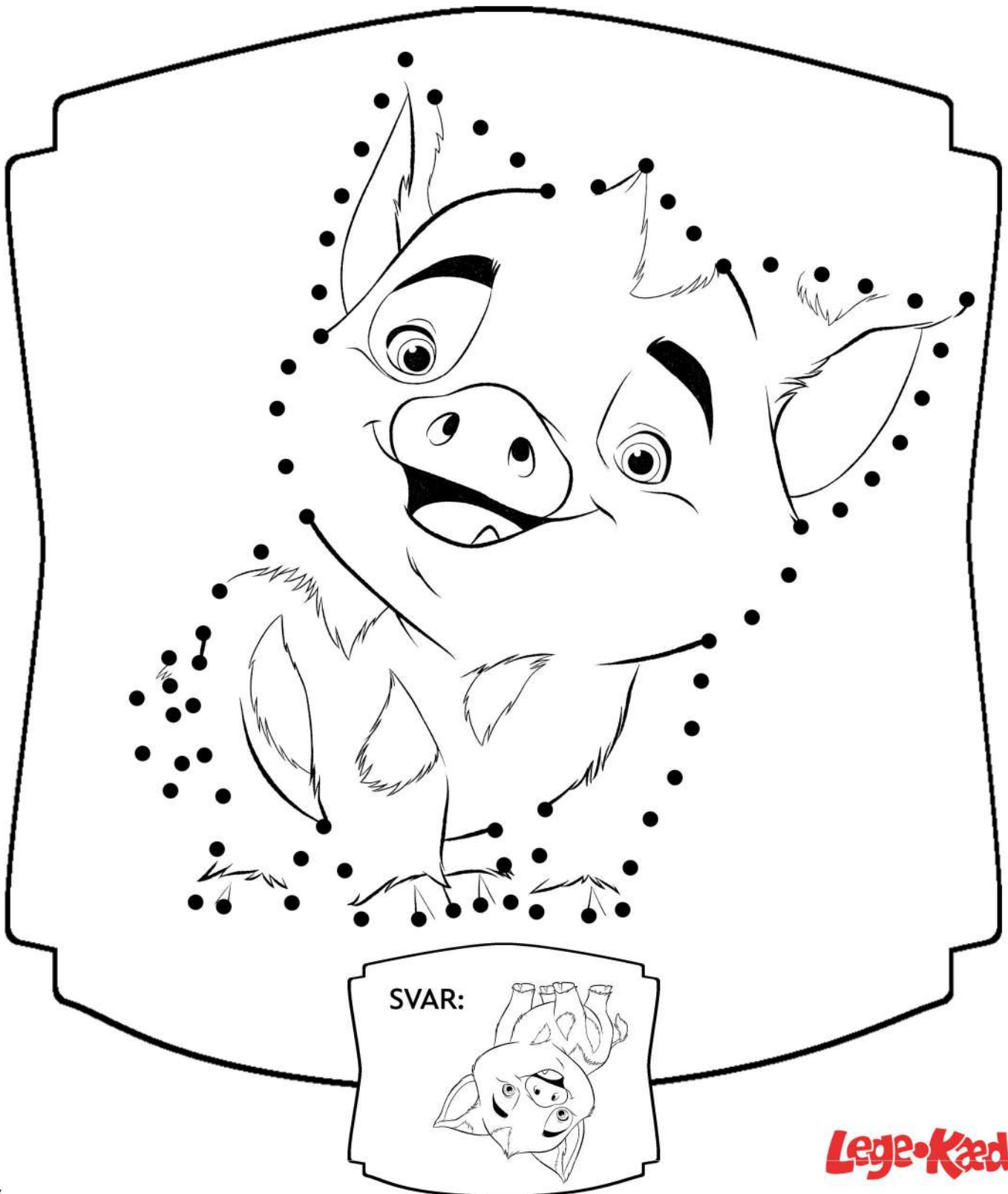


Lege-Kæden

Disney
PRINCESS

SKAB DIN VERDEN

Oink oink.
Forbind prikkerne nedenfor for at se Vaianas loyale ven, Pua.



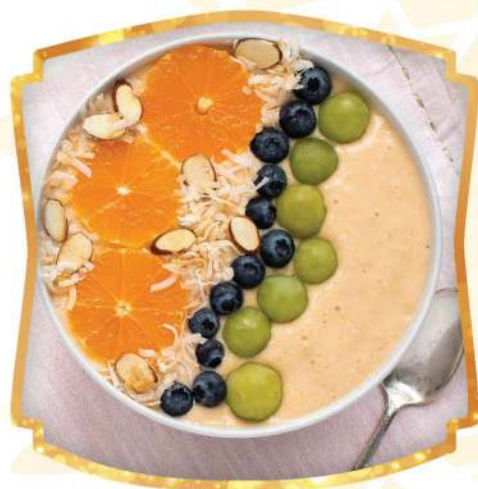
Lege-Kæden

Sunshine Bowl

Whether she's in her village of Motunui or sailing across the sea, Moana loves being in the sun. This sweet smoothie bowl, topped with fresh fruit and nuts, is the perfect way to bring some sunshine to your morning!

Directions

1. Place the coconut, banana, cantaloupe, Greek yogurt, and mandarin oranges into a blender.
2. Blend the ingredients until they are smooth and creamy.
3. Pour the smoothie into a bowl, add your preferred toppings, and serve with a spoon.



Serves 1

Ingredients

- ¼ cup shredded coconut
- 1 frozen banana
- ¼ cup frozen cantaloupe
- ½ cup Greek yogurt
- 2 mandarin oranges

Topping

- Sliced almonds
- Shredded coconut
- Blueberries
- Mandarin orange slices
- Green grapes

Tip

To make this recipe your own, try experimenting with other fruits and nuts as your topping.



Lege-Kæden

Disney
PRINCESS

SKAB DIN VERDEN

Kom med Ariel under havet og giv hende smukke farver,
så hun kan skinne som en havfrue!



Lege-Kæden

All-Dressed-Up Salad

Cinderella's fairy godmother can transform a pumpkin into a coach, mice into horses, and rags into a beautiful dress. You can create magic of your own by turning a few simple ingredients into an amazing salad dressing.

Directions

1. Rinse the lettuce well with cold water, and then pat the leaves dry with paper towels. Tear the lettuce into bite-size pieces and put an equal amount on 3 salad plates.
2. Top the lettuce on each plate with $\frac{1}{3}$ cup shredded carrot, 5 cucumber slices, and 3 cherry tomatoes.
3. In a small bowl, whisk together the orange juice, lemon juice, vegetable oil, and honey.
4. Spoon dressing onto each salad, and serve.



• • •
Serves 3

Ingredients

- 1 head of lettuce
- 1 cup shredded carrot
- 15 cucumber slices
- 9 cherry tomatoes, halved

Citrus Dressing

- $\frac{1}{2}$ cup orange juice
- 2 Tbsp lemon juice
- 1 Tbsp vegetable oil
- 1 Tbsp honey

Tip

Sweeten up your salad by sprinkling sliced almonds and fresh fruit on top.



Lege-Kæden

Disney
PRINCESS

SKAB DIN VERDEN

Hjælp Askepot med at finde frem til hvilken af hendes venlige fuglevenner, der har hjulpet med at lave hendes kjole. Følg snoren og find svaret.

