



Lesson 1

Heart-y Snack

Jesus' First Miracle John 2:1-12



Ingredients

- Pita bread, cut into hearts
- Hummus
- Diced veggies (tomatoes, cucumbers, sweet peppers)

Instructions

1. Take a heart-shaped pita piece. This can be precut using a cookie-cutter, or children can help cut with a plastic knife.
2. Use the plastic knife to spread hummus on the heart.
3. Decorate with the diced veggies.