

squeeze+sprinkle+slurp

Check rice noodles to make sure they have softened enough to eat (they should be 'al dente'). Drain the noodles and portion out into bowls. Pour several ladles of hot broth over each bowl of noodles. Serve soup with the slices of lime for squeezing into the soup right before serving. Sprinkle cilantro and tomatoes to top the soup to taste. Serve with a side of the Asian cucumber salad. **Slurp it up! "aroi mak" or YUMMY in Thai!**

fun food facts:

- ★ **The coconut palm** is sometimes referred to as the "Tree of Life" because it's useful from top to bottom.
- ★ **Coconuts are rich in** lauric acid, which is known for being antiviral, antibacterial and antifungal, and boosts the immune system.
- ★ **Fresh coconut juice** is one of the highest sources of electrolytes known to man
- ★ **Coconut milk** is sweet and water-like but eventually dries out. Coconuts are quite nutritious
- ★ **Because coconut water is sterile** and mixes easily with blood, it was safely used as an emergency transfusion.
- ★ **Coconuts are native** only to the South Pacific, but they were spread around the globe by explorers hundreds of years ago.
- ★ **A coconut can survive** months of floating in the ocean. When it washes up on a beach, it can germinate into a tree!
- ★ **In the United States**, you can write an address on the outside of a coconut, slap on the correct postage and drop the whole thing in the mail. Amazing! Yes, coconuts are mail able as long as they are presented in a dry condition and not oozing fruit juice!

Knock Knock Who's there? **Coco Coco Who?** Coconut

What is hairy, brown and wears sunglasses.? A coconut on vacation!



Mixing & Measuring & Knife Skills, Oh My!

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