

CRACKING CRESS HEADS

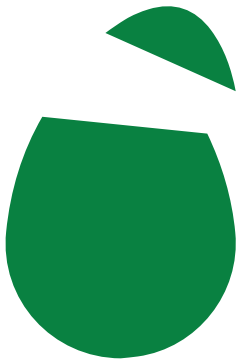
Preparation time: 20 minutes **Cook time:** No cooking required

Ingredients

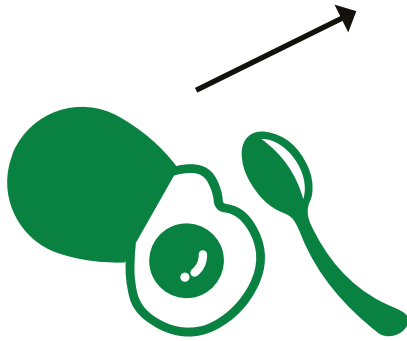
- 2 eggs
- 2 cotton wool balls
- 2 teaspoons of cress seeds
- Felt tip pens or acrylic paints

Method

1. Carefully remove the tops from the eggs, leaving the bottom two thirds of the shell intact.



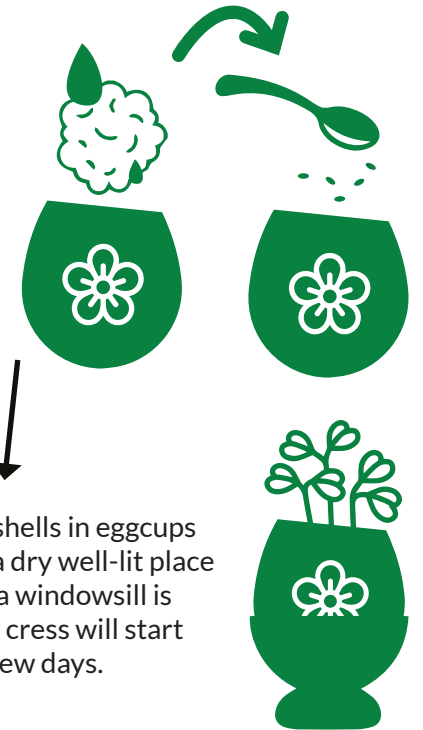
2. Empty the shells (save the eggs for cooking with), then carefully wash them out.



3. Decorate the shells with pens or paint then leave them to dry.



4. Dip the cotton wool balls in a little water, squeezing off any excess. Place 1 ball inside each shell, then sprinkle 1 tsp of cress seeds onto each one.



5. Sit the filled shells in eggcups and leave in a dry well-lit place for a week – a windowsill is perfect. Your cress will start to grow in a few days.