

Bake a potato, make a meal!

60 minutes at 200°C in oven

a baked potato

Heat and stir in a saucepan

baked beans (or cream style corn)

YUMMY BEANS!

a yummy meal, full of goodness

OR 3-4 minutes on high in microwave

OR microwave in a bowl, 1-2 minutes

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Baked beans and me, yummy nutritious!

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A full tummy is only one potato away.

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