



CANADA
4-H Manitoba

Intermediate, Senior & Adult Activities for Home

Sustainable Agriculture & Food Security

February 22 is Canada's Agriculture Day!

Making recipes with ingredients from our Agricultural sector is one of the best ways to celebrate!

Healthy Banana Oat Muffins

Just 3 ingredients are needed for this delicious recipe.

Breakfast Egg Muffins

Easy to make, freezer-friendly and completely customizable, these healthy egg muffin cups are the perfect grab-and-go breakfast!

Click on the recipe links below.

Please take a picture of your completed projects and send to learns@4h.mb.ca.