

HINTS AND TIPS FOR THE ULTIMATE STAR WARS DAY

SHOW US HOW YOU'RE CELEBRATING MAY THE 4TH FROM HOME

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MAY THE 4TH: WHAT STARTED AS A CLEVER PUN SHARED AMONGST FANS HAS NOW BECOME A DAY FOR THE FANS TO CELEBRATE AND HONOUR ALL THINGS STAR WARS. THIS MAY THE 4TH, CELEBRATE THE GALAXY FAR, FAR AWAY FROM HOME WITH THESE HINTS AND TIPS FOR THE ULTIMATE STAR WARS DAY. PLUS, SIT BACK AND RELAX WITH BRAND-NEW CONTENT ON DISNEY+, JOINING THE SERVICE'S COMPREHENSIVE COLLECTION OF STAR WARS MOVIES AND SHOWS.

THIS YEAR, FANS CAN LOOK FORWARD TO THE EPIC CONCLUSION OF THE SKYWALKER SAGA STAR WARS: THE RISE OF SKYWALKER, THE HIGHLY ANTICIPATED SERIES FINALE OF STAR WARS: THE CLONE WARS ALONGSIDE THE GLOBAL PREMIERE OF THE NEW EIGHT-EPISODE DOCUMENTARY SERIES, DISNEY GALLERY: THE MANDALORIAN.







QUESOGREEDOS

INGREDIENTS

1/3	cup (85 grams) refried black beans
Two	8-inch (20-centimetre) flour tortillas
2	tablespoons shredded low-fat Cheddar cheese
1/2	teaspoon butter, at room temperature
1/3	cup (25 grams) shredded low-fat Parmesan cheese

- 1. Spread the refried beans over 1 tortilla.
- **2.** Evenly sprinkle the Cheddar cheese over the beans and top with the second tortilla.
- **3.** If using a sandwich cutter, cut out two shapes.
- **4.** Lightly butter the top and bottom of the quesadillas. Set aside.
- **5.** Place the Parmesan cheese on a plate. Press the buttered quesadillas into the cheese to coat. Repeat on the other side.
- **6.** Spray a 12-inch (30.5-centimetre) skillet with vegetable-oil cooking spray and place it over medium heat. Add the quesadillas and cook for 3 to 4 minutes until the bottom is golden. Carefully flip the quesadillas with a spatula and cook the other side for 3 to 4 minutes until golden.
- 7. Cool slightly and serve warm.

Makes 1 serving.

Liked this recipe?
Find more in The Star Wars
Cookbook: Han Sandwiches
& Other Galactic Snacks

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VITAMIN C-3PO

This fruity smoothie will revive you as your day begins!

INGREDIENTS

- 1 cup (240 grams) low-fat vanilla Greek yogurt
 1 cup (240 millilitres) apple juice
 1 cup (240 millilitres) low-fat milk
 2 tablespoons honey
 1 large banana, sliced
 12 large strawberries, sliced, plus 2 whole strawberries
- **1.** Put the yogurt, apple juice, milk, honey, banana, and sliced strawberries into a blender and process on medium speed until well combined. Pour into two tall glasses.
- **2.** Using a knife, cut a slit in each of the whole strawberries, from the bottom halfway up toward the stem. Position a strawberry on the rim of each glass as a garnish. Serve immediately.

Makes 2 servings.

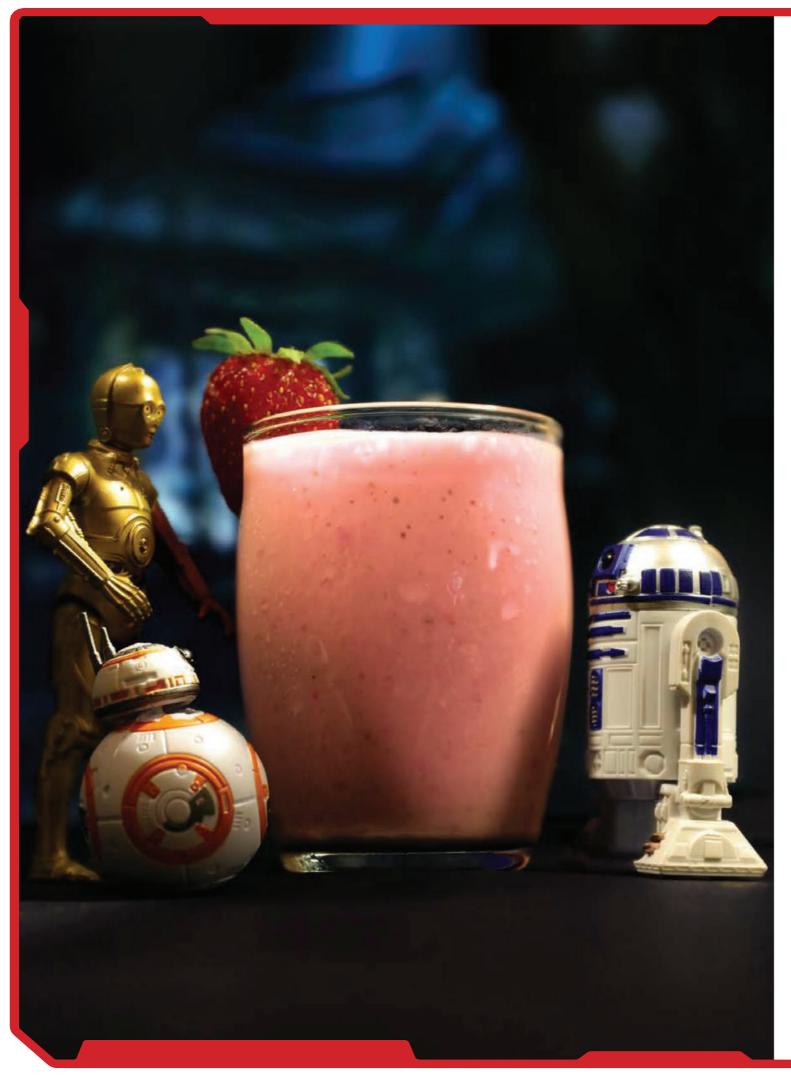
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DEATH STAR PIÑATA

SUPPLIES

- 1 large balloon
- Black construction paper
- Newspaper cut into strips
- A sheet of cardboard
- A large bowl
- A low-heat hot glue gun
- · A vegetable-based shortener
- Grey, black, and white acrylic paint
 Candy!
- Scissors
- · A craft knife

- A compass
- · Large, medium, and small paint brushes
- Silver glitter · White glue
- Water
- A pencil
- Twine





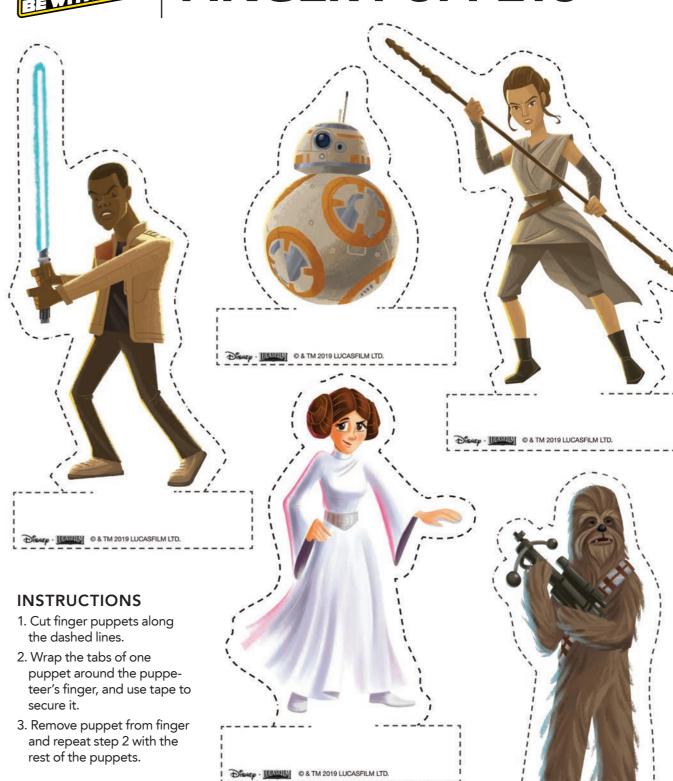
INSTRUCTIONS

- 1. Blow up the balloon.
- 2. Once inflated, cover the outside with vegetable shortener.
- 3. Dip newspaper strips in water and smoothly apply them to the balloon to form the first layer.
- 4. In a bowl, create a mixture of 50% white glue and 50% water and use this to attach the rest of the paper strips. Make at least 3 full layers. Leave yourself several strips of paper and glue mixture for later. Let dry overnight.
- 5. Once the paper dries, pierce the balloon with scissors or your craft knife and remove the balloon from the center.
- 6. Use your compass to measure a large circle for the concave dish, starting from the hole in the globe.
- 7. Cut the circle out using the craft knife.
- 8. Using your extra strips of paper and glue mixture, patch up the hole on the opposite side.
- 9. Use a large paintbrush to prime the outside of the globe with black paint. Let dry.
- 10. Wrap the twine around the globe at the equator, and use a pencil to trace along the line.
- 11. Pierce the top of the Death Star with the craft knife and run some twine through the hole.
- 12. Use the twine as a guide to help you decorate the piñata using the grey paint to paint different panels.
- 13. After you paint the grey panels and let dry, you can paint smaller details on the piñata using the small brush and white paint.
- 14. Once that's dry, use your remaining glue and water mixture to lightly brush the grey sections.
- 15. Sprinkle your silver glitter over the Death Star to make it sparkle!
- 16. Paint the inside of the concave dish grey. Then paint two black circles, one around the outside and one around the inside. Add four black lines connecting the inner circle to the outer circle.
- 17. Using the black construction paper, cut and create a small cone, big enough to fit in the hole in the dish where the balloon was pulled out.
- 18. Use the hot glue gun to glue the cone into the dish facing out.
- 19. Cut out a 1 cm wide ring from the black construction paper, and hot glue it around the edge of the dish.
- 20. Pour in as much candy as you want!
- 21. Finally, glue the concave dish into place.



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FINGER PUPPETS











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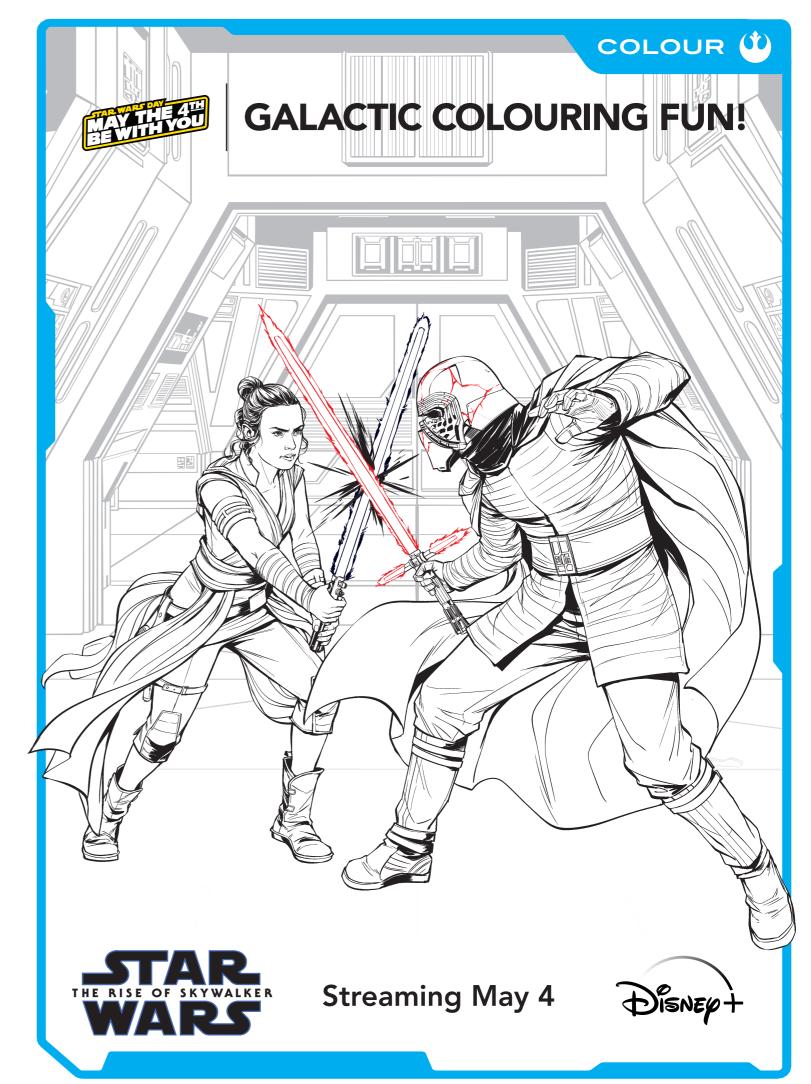






Help Chewie get to the cockpit of the *Millennium Falcon* before the TIE fighters attack!





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STAR WARS COLORING AND



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