

Butterfly Celery Sticks

This snack is fun to make and healthy, too. Follow the recipe below and you will have a snack that includes four out of the five food groups. (Dairy is the only group that is missing.)

Ingredients:

- 8-10 celery stalks
- 8 ounce package low fat cream cheese (or peanut butter)
- 16 ounce bag of small pretzels
- 8 ounce container of raisins
- 2 ounce (small) bag of slivered almonds



Original photograph

Directions:

- Cut each celery stalk into 3 equal parts
- Take 1/3 of celery stalk and place one tablespoon low fat cream cheese (or substitute one tablespoon peanut butter) into 1/3 celery stalk
- Push 2 pretzels into cream cheese on each side to form wings
- Place raisins at 1 end to form 2 eyes
- Place 2 slivered almonds above eyes for antennae
- Number of servings: 24-30 pieces

Involving children in cooking and preparation supports their interests in trying new foods. Kids will love to help make this one. Give it a try after school or at the next party – enjoy.