

Butterfly Bites

Designed with kids in mind, this recipe puts a new spin on snack time. Try different vegetables or dried fruit to make different "butterflies."

Makes: 6 servings

Ingredients

- 3 celery stalks
- 12 twist pretzels?(large, 3 ring)
- 6 tablespoons creamy peanut butter
- 3 tablespoons raisins

Directions

1. Cut celery in half cross wise.
2. Fill center of each celery stick with one tablespoon of peanut butter. This is the body of the butterfly
3. Add two pretzels to form the butterfly's wings.
4. Use extra pretzel pieces for antenna and raisins for decoration.



Recipe from: The Texas A&M University System, Texas Cooperative Extension?Expanded Nutrition Program, adapted by the USDA Food and Nutrition Administration.

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