



Butterfly Bites

Prep Time: 7 minutes

Cost per serving: \$0.12

What you need:

Utensils:

- Vegetable brush (optional)
- Cutting board & knife
- Measuring spoons
- Spoon & spreading knife

Ingredients:

- 3 stalks celery
- 6 tablespoons creamy peanut butter
- 12 large twist pretzels
- 3 tablespoons raisins

What to do:

1. Wash your hands and clean your cooking area.
2. Clean celery with vegetable brush under cool running water.
3. Cut celery in half cross wise.
4. Fill center of each celery stick with one tablespoon of peanut butter. This is the body of the butterfly
5. Add two pretzels to form the butterfly's wings.
6. Use extra pretzel pieces for antenna and raisins for decoration.

Variation: (Ants on a Log)

1. Repeat steps 1-3 from Butterfly Bites.
2. Fill center of celery sticks with peanut butter.
3. Top with raisins.
4. Cover with plastic wrap or aluminum foil and place in refrigerator until ready to serve.

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Nutrition Facts

Serving Size 1 Butterfly Bite
Servings Per Container 6

Amount Per Serving

Calories 130 **Calories from Fat** 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **6%**

Total Carbohydrate 11g **4%**

Dietary Fiber 2g **8%**

Sugars 6g

Protein 4g

Vitamin A 2% • Vitamin C 4%

Calcium 2% • Iron 4%