

BUTTERFLIES

MAKES 4 SERVINGS

INGREDIENTS

- 4 firm bananas, peeled and cut into 3 pieces
- 24 pretzel twists
- 24 raisins or mini chocolate chips
- 1 medium apple (not peeled), cut into 24 thin apple slices

Bananas are a great source of potassium.

DIRECTIONS

1. Wash hands for 20 seconds with warm water and soap, have children wash their hands too.
2. Give three banana pieces to each child.
3. Give each child 6 pretzel twists to insert into the sides of the banana for "wings."
4. Give each child 6 apple slices to insert into the top of the banana for "antennae" and 6 raisins or chips for "eyes."
5. Enjoy!

CHANGE IT UP

Omit the apple slices and make "birdies" instead.



SERVING SIZE:
3 butterflies