

Butterfly Bite

Cook time: 7 minutes

Makes: 6 servings

Designed with kids in mind, this recipe puts a new spin on snacktime. Try different vegetables or dried fruit for a different looking "butterfly".

Ingredients

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

Directions

1. Wash hands and 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.

Nutrition Information

Nutrients	Amount
Calories	198
Total Fat	8 g
Saturated Fat	2 g
Cholesterol	0 mg
Sodium	441 mg
Total Carbohydrate	28 g
Dietary Fiber	2 g
Total Sugars	4 g
Added Sugars included	0 g
Protein	6 g
Vitamin D	0 IU
Calcium	16 mg
Iron	2 mg
Potassium	174 mg

N/A - data is not available

MyPlate Food Groups

 Grains	1 1/2 ounces
 Protein Foods	1 ounce

Notes

Learn more about [celery](#).

Source: Texas Cooperative Extension, The Texas A&M University System, Expanded Nutrition Program