

Fitness for Kids Snack Recipe

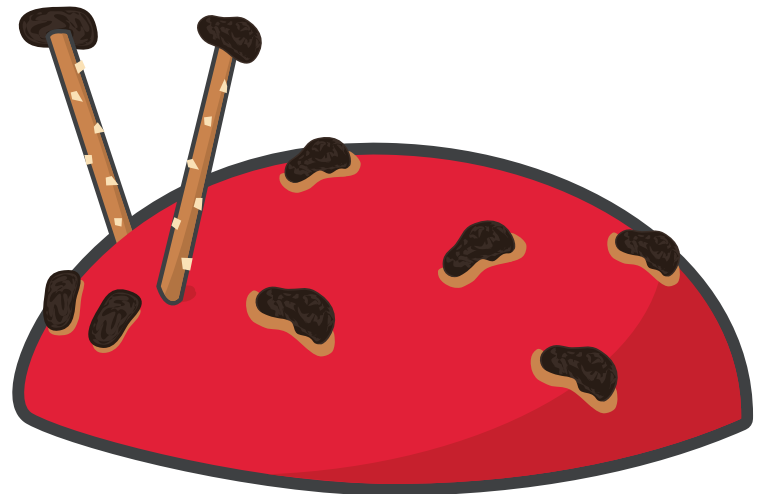
Apple Ladybugs

WHAT YOU NEED:

- 2 red apples
- A handful of raisins
- A spoonful of peanut butter
- 8 thin pretzel sticks

HOW TO MAKE IT:

1. Slice apples in half from top to bottom, and have an adult help you remove the cores.
2. Place each apple half flat side down on a small plate.
3. Dab peanut butter on to the back of the “lady bug,” then stick raisins onto the dabs for spots. Use this method to make eyes, too.
4. Stick one end of each pretzel stick into a raisin, and then press the other end into the apples to make antennae.



Makes 4 servings.