VEGGIE PLANT PARTS SNACK

**INGREDIENTS:**
Large flat cracker (Ak-Mak whole wheat)
Hummus (bean dip), peanut butter, or low-fat cream cheese
1 broccoli floret
1 celery stick
1 lettuce leaf, torn into small pieces
Shredded carrots

**DIRECTIONS:**
1. Lightly spread cracker with peanut butter, cream cheese, or hummus.
2. Create a plant design on the cracker by arranging shredded carrots for roots, celery stick for the stem, lettuce for leaves, and broccoli for flowers.
3. Eat and enjoy!

Source: “How to Teach Nutrition to Kids, Leader/Activity Guide” by Connie Liakos Evers, MS, RD