

# EASY SNACKS - DON'T GO HUNGRY! THESE ARE A BREEZE TO MAKE!

**Suddenly you are a cook!**



## SNACK #1 - ANTS ON A LOG - THE GOAT

*Greatest (snack) Of All Time*

### INGREDIENTS:

Celery  
Crunchy (or Creamy) Peanut Butter  
Raisins

### HOW:

Wash your celery, towel dry, and cut into sections.  
Spread a small amount of peanut butter on the celery.  
Decorate with your “ants” (raisins)  
Enjoy each bite! Share if you must!

### INGREDIENT COSTS\*:

Celery (one bunch of stalks) - \$3.99  
Crunchy Peanut Butter (16 oz jar) - \$3.31  
Raisins (12oz. box) - \$3.98  
Total: \$11.28

NOTE: You will have plenty of leftovers to make several batches or use the ingredients for other things.

\*Costs are approximate due to store, and availability.

### WHY IS THIS THE GOAT?

- It has only 3 ingredients so it is easy to make and doesn't require any cooking!
- It is economical.
- Peanut butter is packed with protein.
- Raisins are high in protein and low in fat.
- Celery is low in calories and high in fiber.
- It teaches you that playing with food is perfectly acceptable.
- To sum it up, no snack compares.

## SNACK #2 - YOGURT DIPPED STRAWBERRIES

This is a berry-berry easy!  
Delicious, nutritious, and guilt free!

### INGREDIENTS:

Vanilla Greek Yogurt  
Strawberries

### HOW:

Wash and dry strawberries  
Spread aluminum foil across a baking tray  
Dip each strawberry into the yogurt  
Freeze 1.5 hours  
Take a bow, you just made an amazing snack!

### INGREDIENT COSTS\*

8 oz Greek Yogurt - \$1  
Strawberries (pint) - \$4.99

\*Costs are approximate due to store, and availability.



### NUTRITION

- Strawberries are full of antioxidants and vitamin C. One serving of strawberries provides more vitamin C than an orange.
- Greek yogurt has fewer calories, less sugar, and higher protein than regular yogurt.