

Ants on a Branch

peanut butter

branches (small celery stalks)

ants (dark raisins)

Spread peanut butter on the branches. Stick the ants into the peanut butter in a line.

Ladybugs on a Log

peanut butter

logs (large celery stalks)

ladybugs (dried cranberries)

Spread lots of peanut butter on logs. Stick lots of the ladybugs into the peanut butter, all bunched up.

Note: if you cannot have peanut butter, any nut or seed butter works. Try almond, cashew, hazelnut, macadamia, pecan, pistachio, sesame (tahini), or soy nut butter.

Kitchen Therapy

www.kitchentherapy.us

Linda Simon, R.D., C.P.C. 608-868-1113

<http://blog.kitchentherapy.us>