



HARVEST OF THE MONTH

JULY 2021

RECIPE ANTS ON A LOG

A crunch, nutritious snack that the kids can help prepare!



Qty	<u>SALAD INGREDIENTS</u>
3 stalks	Celery. Washed & trimmed.
¼ cup	Peanut Butter, or nut free butter
30	Raisins
	Optional
6 each	Whole grain animal crackers

Instructions:

- 1 Cut washed and trimmed celery stalks in half.
- 2 Using a teaspoon or butter knife, spread the peanut butter in the middle of the celery.
- 3 Add raisins to represent the “ants”.
- 4 Add one or two animal crackers (Optional)

Fun tip #1 Sprinkle cinnamon on your peanut butter or unsweetened cocoa powder for a little extra flavor!

Fun tip #2 Kids can help with spreading peanut butter and adding raisins to their own log.

