

Summer Adventures Bugs

Let your health fly high with these healthy

Peanut Butterflies



MAKES
4 Peanut
Butterflies



2 celery sticks



1 apple

INGREDIENTS



8 mini chocolate chips



1/4 cup
peanut butter

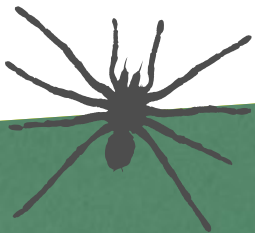


4 pretzel sticks
(broken in half)

INSTRUCTIONS

Flutter your arms and buzz around the kitchen for 1 minute!

1. Done buzzin'? Now, cut the celery into 4 short stalks.
2. Fill the celery stalks with some peanut butter.
3. Cut the apple into slices, and arrange around the celery for the wings!
4. Stick the chocolate chips in the peanut butter for the eyes.
5. Stick the pretzel sticks above the chocolate chips for the antennae, then enjoy!



DON'T FORGET TO GET 60!

Buzz around & catch some lightning bugs to get your 60 minutes of activity!
It's a summer activity crawling with fun.

For more healthy summer adventures, buzz over to



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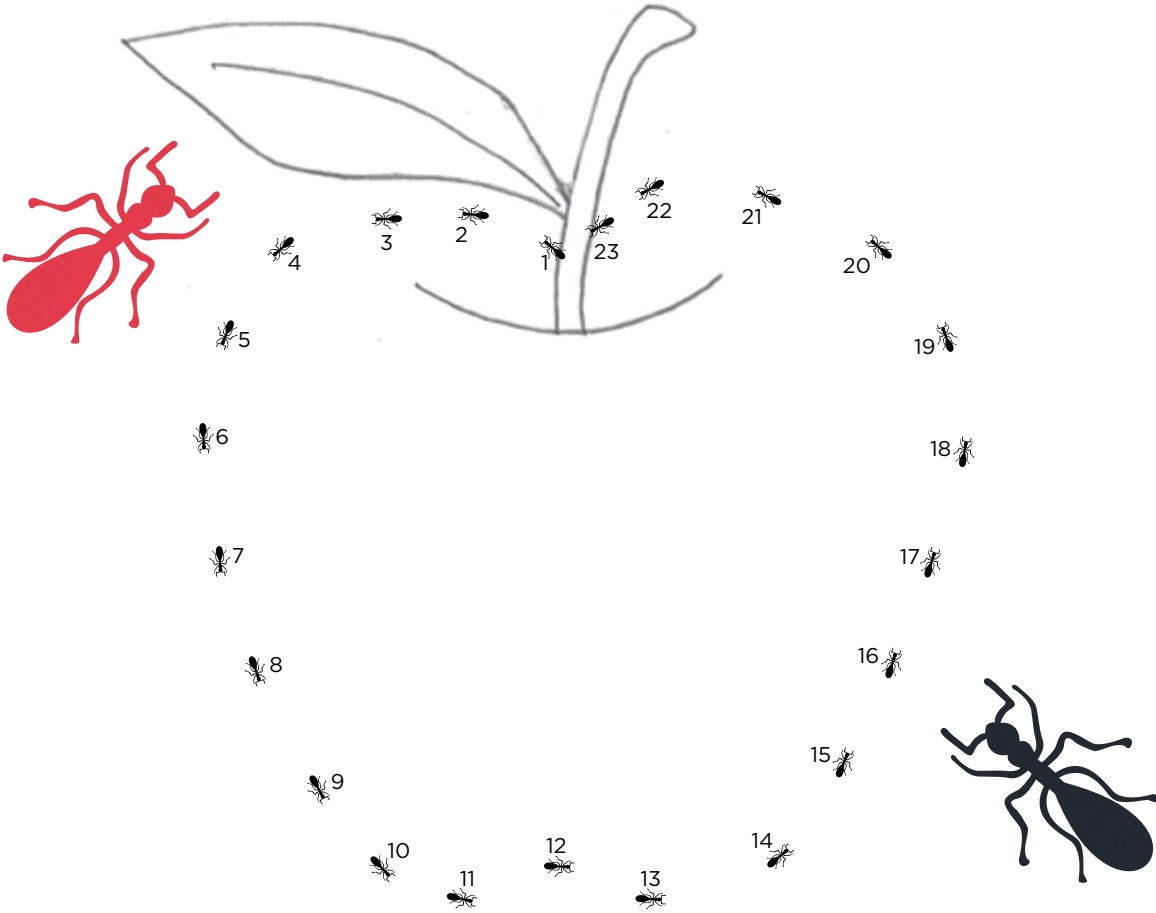


TSET



CONNECT THE ANTS

These ants are marching one by one to form a hidden fruit!
Connect the ants in number order to see what it is.



Remember, fill half your plate with fruits and veggies at every meal... no ifs, ants or butts about it!

For more healthy activities, crawl over to