

Flower Garden Snack

Add a touch of floral beauty to a midday feast with this easy-to-make garden of fresh veggies and cheese. Crunchy, healthy celery makes for a perfect stem, while creamy cheese is sliced into lovely flower heads. This garden-fresh feast is the perfect snack to spark a discussion about healthy eating, food groups and even what to grab at the grocery store. Involving your child in the preparation of dishes is the best way to teach her healthy eating habits—and may inspire her to develop her own green thumb.

What You Need:

- 2 Celery stalks
- Yellow and White Cheese
- Plastic knife

What You Do:

1. Cut celery stalks in thirds, and then cut them into thin pieces to create flower stems.
2. Cut flower heads—such as roses and tulips—out of white and yellow cheese slices. Or, protect tiny fingers by allowing your child to use a cookie cutter to create petals for each delicious flower.
3. Place the flower heads on top of the ends of the celery stick stems.
4. Serve alongside a fresh pitcher of lemonade for a tasty, warm-weather snack.

Helpful Tip

Opt for carrots instead of celery for flower stems to add color and flavor to your garden-themed nibbles.

