Vegetables for Hummus or Black Bean Dip

2 Cucumbers 2 Peppers any Color you want.

*Any hard vegetable works broccoli, carrots. Slice vegetable into thick matchsticks of your forefinger size, and shape Dunk into bean dip!
make your own

hummus and...

Hi—I'm Mr. Pepper. This is such a good snack.

Ingredients:

- One can garbanzo beans, drained and rinsed
- Juice of ½ a lemon
- 1 teaspoon of salt (optional)
- 1 tablespoon Tahini
- 2 tablespoons olive oil
- 2 tablespoons water
- 2 bell peppers of any color

Blend all the ingredients in a food processor/blender until smooth. Add olive oil and water if needed, and serve with bell peppers.
**Fruit Salad**

**Ingredients**
- 12 strawberries
- 1 orange kale
- 1 apple broccoli

**Notes**
- Don't do this to us please!!! It's the HORROR!!!
- Kemi C.A.K.A the Fruit Killer
- Remove leaves from strawberries and chop into medium-size pieces.
- Remove skin from oranges and chop into medium-size pieces.
- Chop apples into medium-size pieces.
- Combine in large bowl and enjoy!
- If you don't move soon, you will see why.
- Do not follow instructions if you don't want WAR on the FRUITS!!!
- p.s.: Vegetables make good replacements.

There! this should save our lives.

What happened to you guys!!!
Ants on a log

Instruction
* slice celery stalk into pieces
* spread sun butter/peanut butter/canola butter into celery groove
* place raisings in sun
* serve and enjoy!

Ingredients
* 1 bunch of celery
* 3/4 cup sun butter
* 1/4 cup raisins
Fruit Salad

- 12 strawberries
- 1 orange
- 1 apple

You can combine any fruits you'd like.

Remove leaves from strawberries. Chop into medium size pieces. Remove skin from oranges and chop into medium size pieces and enjoy! 😊
Ants on a Log

(For hygiene matters, we do **not** use actual ants)

- 1 Bunch of Celery
- 1/3 cup Sunbutter/Peanut Butter/Almond Butter
- Cream Cheese
- 1/4 cup raisins or cranberries, chopped nuts, sunflower seeds, sliced dried apricots

Slice celery into 4 pieces.
Spread Sunbutter or such on 16 celery strips.

Place raisins or such in Sunbutter

Enjoy!!!
Julia 3rd grade

make 24

Coconut DATE bites

HOW TO MAKE THEM:

1. Slice the dates lengthwise and remove pit.
2. Spread your choice of butter on the date.
3. Sprinkle coconut on top.

ENJOY!

You will need:
- 12 dates
- Sunbutter, peanut butter, or nutella
- 4 tablespoons dried coconut
HUMMUS

WILL SAVE THE DAY

Ingredients
- 1 can garbanzo beans
- Juice of 1/2 lemon
- 1 teaspoon salt
- 1 tablespoon tahini (optional! And more to taste)
- 2 tablespoons olive oil

Place all ingredients in a food processor or blender or mash and mix all ingredients with a fork. Blend/mash until smooth, adding small amounts of olive oil and/or water if needed.

Enjoy!

Astrid