

## Pyramid Butterfly

*Pretty as a picture, but you can eat it!*

1 serving

### Ingredients:

- 1 slice American cheese
- 1 celery stalk, 3-inches long
- 1 tablespoon peanut butter or cream cheese
- 2 to 6 raisins
- 2 pretzel sticks

### Directions:

1. Cut cheese slice diagonally with knife, pizza cutter or scissors.
2. Place cheese slices on small plate with points together, forming wings.
3. Fill celery with peanut butter or cream cheese and place, filling side down, on the cheese wings. This forms the body of the butterfly.
4. Use raisins to decorate the wings. A dab of peanut butter works as 'glue.'
5. Use pretzels as antennae, sliding them into the peanut butter on the celery.

**Nutrition Facts:** One butterfly provides 170 calories, 13g total fat, 15mg cholesterol, 370mg sodium, 9g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension  
Family Nutrition Program

**Kids a Cookin'**

www.kidsacookin.ksu.edu

**Chef's Choice**  
Pyramid Butterfly  
100% Fruit Juice

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