

# Pyramid Butterfly

Pretty as a picture, but you can eat it!



Level: Easy

Makes: 1 butterfly

## Kids' Tool Kit

Pizza cutter or  
scissors  
Knife  
Plate

## 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:

**Remember to wash your hands!**

1. Cut cheese slice diagonally with knife, pizzas 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. Use a dab of peanut butter as "glue".
5. Use pretzels as antennae, sliding them into the peanut butter on the celery.

## Chef's Choice

Pyramid Butterfly  
100% fruit juice



**Helpful Hints:** Teaching kids about the MyPyramid is easy when you make this Pyramid Butterfly. Pretzels are in the grain group and provide complex carbohydrates, which are a great source of energy. Celery fits in the vegetable group and raisins in the fruit group. These two groups provide vitamins A and C and other nutrients. The meat group is next, and peanut butter - packed with protein - substitutes for meat. Cheese is part of the dairy group, and growing kids need calcium for strong bones and teeth.

For a money-saving tip, look for blocks of cheese and slice or shred it yourself. Sliced cheese is more expensive when it is individually wrapped.

**Safety Tip #1:** Wash and dry celery before preparing butterfly.



**Safety Tip #2:** Having teeth does not mean children can handle all foods. Small, hard foods, slippery foods and sticky foods can cause choking. Ingredients in this recipe that could cause choking are celery, peanut butter and raisins. Children need to sit down while eating or drinking. Encourage them to take their time to chew well.

## Nutrition Facts

Serving Size 1 cup (67g)  
Servings Per Container 1

Amount Per Serving  
Calories 170      Calories from Fat 120

	% Daily Value *
Total Fat 13g	20%
Saturated Fat 4.5g	23%
Cholesterol 15mg	5%
Sodium 370mg	15%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 7g	

Vitamin A 4%      •      Vitamin C 4%  
Calcium 20%      •      Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).