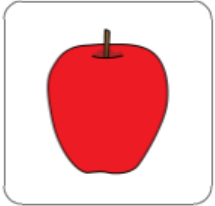


# Fruit Flower

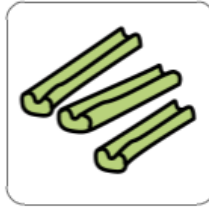
Recipe Courtesy of Marina Delio of Yummy Mummy Kitchen

Photos of recipe available at [www.yummymummykitchen.com/2016/03/healthy-flower-snack-for-kids.html](http://www.yummymummykitchen.com/2016/03/healthy-flower-snack-for-kids.html)

## Ingredients:



1 apple



1 stalk of celery or 3”  
slice of cucumber



2 tablespoons  
peanut butter (can  
substitute yogurt or  
other dips)



3 fresh mint leaves  
(optional)



Sprinkle of sunflower  
seeds

*Note: Be as creative as you want  
with your ingredients – all flowers  
are beautiful!*

## Supplies Needed:



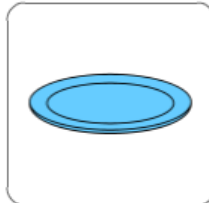
Small bowl



Knife (or apple slicer)



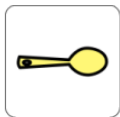
Tablespoon



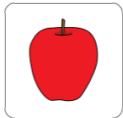
Plate

# Fruit Flower

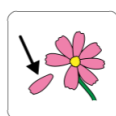
## Instructions:



1. Scoop peanut butter into the center of a small bowl.



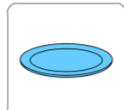
2. Cut the apple into slices. Careful. Ask for help.



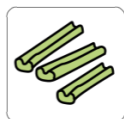
3. Arrange the apple slices like petals around the peanut butter.



4. Sprinkle sunflower seeds on the peanut butter.



5. Put the bowl on top of the plate.



6. Add celery stem and mint leaves. Enjoy!



Photo Courtesy of Yummy Mummy Kitchen