

# APPLE BUTTERFLIES

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**Prep time: 5 minutes**

**Servings: 4**

**Serving size: 1 butterfly**  
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This recipe doesn't just call for fruits—it has vegetables too! That's why these flutterful treats are Bailey Butterfly's favourite snacks.



## INGREDIENTS:

- 1 red apple
- 4 tablespoons plain, 2% Greek yogurt
- 4 baby carrots
- 1 celery stalk

## EQUIPMENT AND SUPPLIES:

- Knife

*Adult supervision required.*

## DIRECTIONS:

1. Slice the apple into quarters and remove the core. Slice each quarter into 6 thin pieces.
2. Place 1 tablespoon Greek yogurt into the center of a small plate and nestle the baby carrot into the center. On both sides of the carrot, fan 3 apple slices to look like butterfly wings.
3. Cut the celery in half and slice each half into 4 skinny pieces.
4. Place pieces at the top of the carrot to look like antennae. Sprinkle with cinnamon!

<b>Nutrition Facts</b> Serv. Size approximately 1 butterfly, Amount Per Serving: <b>Calories</b> 40, <b>Total Fat</b> 0g, Saturated Fat 0g, Trans Fat 0g, Sodium 15mg, Total Carbohydrate 9g, Dietary Fiber 1g, Sugars 6g, Protein 2g
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