

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 Food Guide Pyramid is easy when you make this Pyramid Butterfly. The base of the Pyramid is the grain group. Pretzels 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. Cream cheese is high in fat and fits at the very tip of the pyramid.

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 Butterfly (124g)
Servings Per Container 1

Amount Per Serving

Calories 420 Calories from Fat 130

% Daily Value*

Total Fat 14g 22%

Saturated Fat 5g 25%

Cholesterol 15mg 5%

Sodium 2150mg 89%

Total Carbohydrate 58g 19%

Dietary Fiber 3g 14%

Sugars 7g

Protein 14g

Vitamin A 4% • Vitamin C 2%

Calcium 15% • Iron 8%

*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 60g

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, or e-mail kidsacookin@ksu.edu.