

Thanksgiving Snackivity

Make a fun and easy thanksgiving snack using all 5 food groups!



Ingredients:

- ½ of whole wheat English muffin, ½ whole wheat sandwich thin, or 1 rice cake
- 1 stalk of celery or 5 snow peas
- 5 baby carrots
- 1 stick string cheese
- 2 Tbsp hummus
- 2 raisins or dried cranberries
- 1 pumpkin or sunflower seed

Instructions:

1. To make the turkey body, place the halved English muffin or sandwich thin on a plate. Using a spoon or knife, spread the hummus in a thin layer on top of the English muffin.
2. Using a knife, cut the celery stalk into 5 even sized pieces. You can also break the celery if you do not have a knife available.
3. Arrange the celery and carrot sticks in alternating order above the English muffin like turkey feathers.
4. Open the string cheese and peel off 2 equally sized pieces. Place at the bottom of the English muffin as turkey legs.
5. Place the raisins and sunflower seed on top of the hummus to look like eyes and a beak.
6. Enjoy!

Tip: Use what you already have on hand. You can replace the hummus with nut butter and use apples instead of celery and carrots.