

Creepy Crawlers

Ingredients (for 2 spiders):
4 Whole Wheat Round Crackers
16 Pretzel Sticks
1 Tbsp Peanut Butter (can substitute soy or sunflower butter)
4 raisins



Spread peanut butter evenly on 4 crackers. On two of the crackers place 8 pretzel sticks for your spider legs. Place the remaining crackers on top of the legs to form a complete spider. Add two raisins for spider eyes.



Pump it Up: *In crabwalk position, lower yourself so your seat almost touches the ground, then push yourself up using your tricep muscles. Repeat 10 times.*

Food for Thought: *Adding a little bit of protein to your snack will help you stay full! Peanut butter and seed butter are good sources of protein.*

