

Creepy Crawlers

Ingredients:

- 4 Whole Wheat Round Crackers
- 16 Pretzel Sticks
- 1 Tablespoon Peanut Butter (can substitute soy or sunflower butter)
- 4 Raisins

Directions:

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.

Tasty Thoughts: _____

