

Snowmen on a Stick

Ingredients:

- Bananas (body)
- Apple pieces and grape (hat)
- Carrot (nose)
- Pretzel Sticks (arms)
- Mini chocolate chips (eyes and buttons)
- Bamboo skewers (sticks)

Directions: Slice the bananas with a butter knife. Have an adult help to pre-cut carrots and apples. (Poke a hole through the apple with a bamboo skewer first to make assembly easier.) Be creative and enjoy!



Pump it Up: Lay on your back with your legs out straight and your arms at your sides. Then, keeping your head and back on the ground, lift your legs up using your ab muscles. Point your toes, and try to hold your legs up for 30 seconds.



Food for Thought: Bananas are a great source of potassium, which helps to prevent muscles from cramping. Eat one in the morning before a busy day!

Tasty Thoughts: _____

