



Celery Caterpillars & Snails

An appealing, nutritious snack that's fun to create!

Ingredients (6):

All washed and pre chopped, where necessary

- 3 large celery stalks (cut in half)
- Tub of cream cheese/hummus (dairy free)
- Selection of toppings to choose from, e.g. grapes, blueberries, raspberries, cherry tomatoes, peas, sweetcorn, cucumber slices, apple slices
- 12 edible eyes (cake decorations)
- Celery or radish matchsticks (antennae)

Method

1. Choose a celery stalk.
2. Fill it with cream cheese or hummus (dairy free option).
3. Add a topping.
4. Count the topping.
5. Stick on candy eyes and celery/radish antennae with cream cheese.

Nutritional Benefits

Celery is mostly water and fibre and can promote a feeling a fullness. It can also help to lower blood pressure and can promote healthy joints and muscle as it's high in vitamin K.

