

These are quick and easy snacks and healthy too!



Ants on a Log

Evan Meyer, Parker, SD

Wash 1 piece of celery. Cut into 3 pieces.

Spread peanut butter down the middle of the celery pieces. Lay 3 raisins on each piece.



Puppy Chow

Chris Hall, Parker, SD

½ cup butter

½ cup peanut butter

12 oz chocolate chips

15 oz. box of Crispix cereal

In a microwave safe bowl, mix the peanut butter, butter and chocolate chips. Microwave 1 minute at a time, stirring after each minute until melted.

Pour cereal into a large mixing bowl (one that has a lid) and pour melted chocolate/peanut butter mixture over cereal. Stir until coated. Sprinkle on 2 cups of powdered sugar.

Put lid on bowl and shake until cereal is evenly coated with the sugar.



Apple Smiles

James Shumaker, Parker, SD

1 red medium apple, cored and sliced in wedges

Peanut butter

Miniature marshmallows

Spread one side of each apple slice with peanut butter

Place 3 or 4 marshmallows on top of peanut butter on one slice. Top with another apple slice peanut butter side down. Squeeze gently together.

Serve immediately.

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