Recipe
Takes 5-7 minutes
Makes 5 servings

YOU WILL NEED:
- 2 bell peppers
- 2 cucumbers
- 4 tablespoons regular hummus spread
- 4 tablespoons sunflower seeds
- 4 tablespoons lite cream cheese
- 5 celery stalks
- 5 plates
- 5 butter knives
- knife (adults only)
- peeler (adults only; optional)

Ingredients
For 5 servings

PREPARATION
Cut cucumbers lengthwise into quarters and use dinner spoon to scoop out the seeds so that there is a central groove down each spear. Similarly, cut bell peppers into sections so that each piece has a groove down the center. Cut all veggies into 3” stalks.

Using butter knife, smear lite cream cheese or hummus (you choose!) over the groove of each veggie stalk so that there’s a smooth surface. Add sunflower seeds and raisins (or dried cranberries) as toppings and enjoy!
DIRECTIONS
1. Fill in the blank.
2. Color the cucumber.

Cucumbers are cool. They help me ____________ in school!

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