

# Lesson 3: VEGGIE BOATS



## Recipe

Takes 5-7 minutes

Makes 5 servings

## YOU WILL NEED:

tablespoon

dinner spoon

cutting board

peeler (adults only; optional)

5 plates

5 butter knives

knife (adults only)

## Ingredients

For 5 servings



2 cucumbers



2 bell peppers



5 celery stalks



4 tablespoons  
lite cream cheese



4 tablespoons  
regular hummus spread



4 tablespoons  
sunflower seeds



4 tablespoons  
raisins or dried cranberries

## 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!

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### DIRECTIONS

1. Fill in the blank.
2. Color the cucumber.

Cucumbers are  
cool. They help me  
\_\_\_\_\_ in school!

CUCUMBER