



Snack Recipe 2

Super Snackers

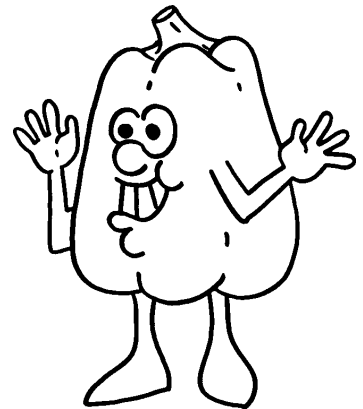


Ingredients:

- 2 baby carrots
- 2 green pepper sticks
- 1 packet low-fat ranch dressing
- 1 packet low-fat French dressing
- Plate
- Napkin

Directions:

1. Put ready-to-eat carrots and green pepper sticks on a plate.
2. Open dressing packets and put on the plate.
3. Dip vegetable sticks into the dressing and enjoy.



Explain what you liked about this snack: _____

Will you try to make this again at home?

Yes

No Why not? _____
