



Crafty Cucumber Snakes



Serve your kids this cool treat in honor of Eat Your Vegetables Day (June 17). Arrange the cucumber slices as shown, then add an olive eye, a red pepper tongue, and a snake pit of hummus.

Fun Fact:

Snakes eat their entire meal at once and they can stay full for days off one meal! They even swallow their entire meal whole!! Thank goodness we aren't snakes! I would miss eating all the yummy foods every day!



What is Hummus

Originating in the Middle East, hummus is made up of cooked & mashed chick peas, olive oil, lemon juice, salt, garlic, & ground sesame seeds known as tahini.

Ingredients can be added and changed to create different flavors of hummus. Some changes include vinegar instead of lemon juice and the addition of roasted red peppers. Hummus is a nutritional option as a vegetable or pita dip because it is high in iron, folate, vitamin C, and vitamin B6 which are all important in keeping you energized!

Hummus is also a good source of protein and fiber because it is made of the bean known as chick pea. Hummus is a great vegetarian option too!

Look for hummus in the refrigerator aisle near the cheeses and spreads and they usually come in a variety of flavors.

So why not try something new?

