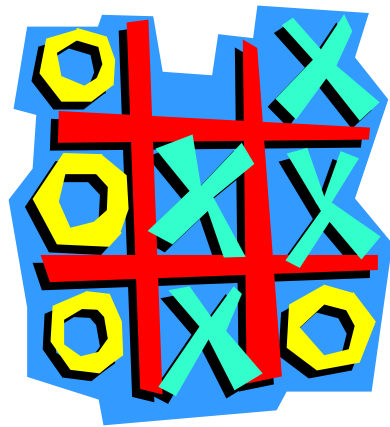


Edible Tic-Tac-Toe



Ingredients:

- 1 Small Apple, cored and sliced into rings
- Peanut Butter
- 8-10 Pretzel Sticks
- 1 Pull-apart string Licorice



REFUELING WITH NUTRITION!

What you eat after football, soccer, volleyball, swimming, or even after playing outside is important! Your body uses a lot of energy when you play sports and when you play outside. Afterwards, your body is looking for nutritious foods to replace that energy that you just used.



Directions:

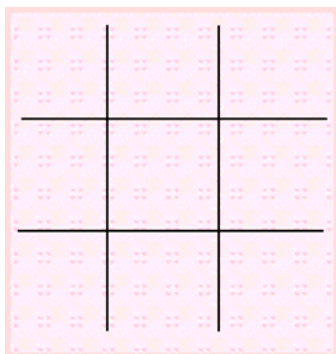
1. Take each Apple ring and spread a thin layer of Peanut Butter over it, do this for all the rings. These will be the "O's".
2. Take 1 Pretzel Stick and put a dab of Peanut Butter in the middle of it. Place a second Pretzel Stick on the dab of Peanut Butter for an "X" with the Pretzels.
3. Pull apart the Licorice and lay the strings down to form a tic-tac-toe board.
4. Now use your Apple "O's" and Pretzel "X's" on the licorice tic-tac-toe board for a fun edible game!

Eating sweets and high fat foods afterwards, such as candy and chips, is not the best idea. Yes, they are okay as treats, but after you have used up so much energy you should replace that energy with good nutrients, such as those found in fruits, vegetables, and complex carbohydrates.

What is a complex carbohydrate? It is a VERY important nutrient in refueling your body and restoring energy. A complex carbohydrate is a type of nutrient that takes longer for your body to breakdown because it is packed with energy for your muscles.

Your body can then take the broken down carbohydrate and use it in your muscles to replace the energy you used and repair your muscles.

Before you know it, you will be refueled and ready to go play again!



Are you up for the Challenge! Challenge a friend to some tic-tac-toe!

