

## SNACKS IN A CUP

ORGANIZE INGREDIENTS AND UTENSILS

### INGREDIENTS, HUMUS AND VEGETABLES:

- 1/3 cup humus, natural
- carrot sticks
- celery sticks
- red bell pepper sticks

### INGREDIENTS, YOGHUR AND STRAWBERRY WITH CHOCOLATE CHIPS:

- 3/4 cup strawberry yoghurt
- 5 strawberries, cut in half
- semi-sweet chocolate chips
- favorite cereal

### UTENSILS:

- Cutting board
- Knife to cut fruits and vegetables
- Spoon to serve humus and yoghurt
- 2 small cus with hermetic lid
- Measuring cups



## **INSTRUCTIONS, HUMUS AND VEGETABLES:**

1. Spoon humus on the bottom of the cup, trying not to touch the sides. Give it a few taps to flatten it out.
2. Place the carrot sticks, celery and bell peppers stick on a cutting board. Check for the length of the cup and cut the vegetable strips so they fit.
3. Place the vegetable strips on top of the humus layer, close the cup and refrigerate.

## **INSTRUCTIONS, YOGHUR AND STRAWBERRY WITH CHOCOLATE CHIPS:**

4. Spoon the yoghurt on the bottom of the cup, being careful not to touch the sides. Give it a few taps to flatten it out.
5. Add a thin layer of chocolate chips, followed by the strawberries and ending with your favorite cereal.
6. Close the lid and refrigerate.

Cartoon:

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