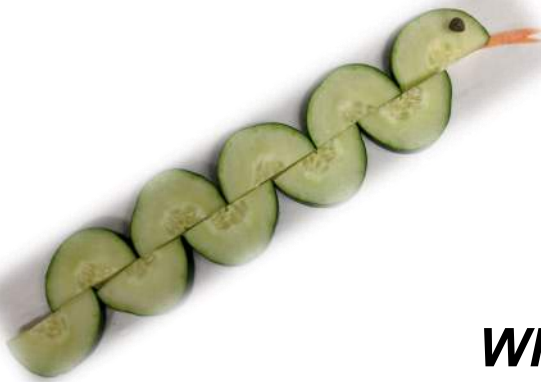


BODY WISE

Slithery Snack



Make a fun, healthy veggie snack to share with your (brave) friends and family!

What You'll Need

Cucumber (washed)

Paring knife

Raisin or black olive

Cutting board

Red bell pepper or carrot

Ranch dip

1. Cut 4 or 5 slices of the cucumber, about 1/2 inch thick. Cut a thin strip of pepper or carrot for the tongue.
2. Cut the cucumber slices in half to make half circles.
3. Arrange the slices on a plate to make them look like a snake (see below).
4. Use the olive for the eye, and a small strip of pepper for the tongue.
5. Serve plain or with ranch dip.

