
THE **CrossFit***kitchen*

K I D S



Sweet Cheeks Headquarters

QUICK AND CRUNCHY

by Shirley Brown and Alyssa Dazet
Sweet Cheeks Headquarters

overview

Feeding your family can seem like a full-time job sometimes. You want your kids to eat healthy, but you also want some time to do the other 549 things on your to-do list. When time gets tight, whip up these quick-and-easy celery snacks.

makes 1-2 kid servings

ingredients

2 stalks celery
4 slices ham
1 tbsp. mustard

notes

Substitute different kinds of lunch meat and dipping sauces for added variety.

directions

1. Clean the celery well, chop the ends off and cut it in half width-wise.
- Option 1: Take one piece of ham and roll the celery stick up inside. Use mustard for dipping.
- Option 2: Fill the inside of the celery with mustard. Roll the celery stick up in one piece of ham.

