

Edible Dinosaurs

Vegetable snacks that kids can create and eat for a reduced sugar alternatives



Arrange cut vegetables in various shapes and sizes on paper plate. Let kids form their own dinosaur skeleton.

Vegetable Ideas could include:

- Carrot sticks and carrot circles
- Cucumber circles
- Olives
- Asparagus spears
- Lettuce and salad greens
- Celery leaves and sticks
- Tomato slices
- Water chestnuts
- Red and green pepper slices
- Green onions

Their imaginations will come up with a variety of different dinosaurs that they can eat when they are done creating.

*Adopted from kids-cooking-activities.com