



Treat Time

Approximate Time: 20 minutes

Prep Time: 10 minutes

Veggie Trees and Sea Dip

Fresh broccoli florets
Celery sticks w/leaves if possible
Carrot sticks
Your favorite vegetable dip
Blue food coloring
Sunflower seeds-shelled (optional)



Slice the carrot sticks into several thin strips without cutting all the way through the bottom to create tree limbs. Make thin slices in the top of the celery sticks to form additional tree limbs. Cut broccoli florets into bite size pieces. Place vegetables in ice water for 2–5 minutes to crispen and to help open up the carrot trees.

Mix a few drops of blue food coloring into the dip to make the sea.

Optional: Cut a circle out of a piece of plastic (a sour cream lid works well) or a piece of cardboard slightly smaller than your serving bowl. Cut several large X's into the circle. Push vegetable trees into the X's. Sprinkle sunflower seeds on top (for soil) to cover the plastic.

Treat Time: Read: “And the Lord said, If ye had faith as a grain of mustard seed, ye might say unto this sycamine tree, Be thou plucked up by the root, and be thou planted in the sea; and it should obey you.”
(Luke 17:6)

Let children pluck the veggie trees and plant them in the sea (dip). Then enjoy eating! After dipping coat with the sunflower seeds for an extra yummy treat.

Closing Prayer and blessing on the food.