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# PASTRY BRUSHES

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Make the most of this fantastic kitchen tool!

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## Swipe the Plate!

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There are lots of ways to spread sauces and nut butters to make healthful and gorgeous snacks! Try any of the following...

- Nut butter with celery and raisins arranged on top.
- Salad dressing or a Greek yogurt dip spread with fresh vegetables and toasted nuts sprinkled over the plate.
- Fruit puree swirled over the plate, sprinkled with fresh fruit and a dollop of Greek yogurt.
- Nut butter swiped down the plate with slices of apple and a drizzle of honey arranged along the line.
- Greek yogurt dip in a squiggle across the plate, with fresh herbs and multigrain crackers sprinkled throughout.

## Presentation Matters:

Sometimes all you need to pep up a snack is a little bit of pizzazz. Instead of pouring a bit of dip or a dollop of nut butter into a dish to put on the side of your snack, consider making it into a line on the plate and arranging the rest of the snack on top of it.

But how do you get a fancy line like you'd find in a restaurant? That's where a pastry brush comes in.

The brush featured in the photo below is a silicone pastry brush, and it makes spreading these nut butters (and other sauces) a total snap!

