



Fruit and Veggie Bugs

Yields: 20 or more

Ingredients:

- 1 large bunch of celery, cut into 2- or 3-inch-long pieces

Options for the spread:

- cream cheese: can also use non-dairy cream cheese like Daiya brand
- hummus
- peanut butter, almond or nut free butter

Best fruits and veggies to use to create bugs:

- grape or cherry tomatoes
- cucumbers, thinly sliced into rounds/half-moons and/or cut into triangles
- radishes - thinly sliced into rounds
- sliced olives
- chives - cut in half or 2-3" piece
- red bell pepper - cut into thin strips
- raisins "ants"
- grapes
- strawberries
- blueberries

Directions:

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1. Add hummus, cream cheese or peanut butter to your celery.
 2. Get creative and build "bugs" with the fruit and/or vegetables
Examples: Use raisins as "ants" with the peanut butter; small tomatoes for caterpillars or heads; Cucumbers as snail shells; chives for antennas