

Fruit Bug Snacks

INGREDIENTS:

- 2-3 celery stalks, cut into various lengths for different bugs
- 1-2 mini cucumbers, halved lengthwise with seeds scooped out, cut into various lengths
- 1/2 cup vegan cream cheese
- 1/2 cup peanut butter or sunflower seed butter
- 1 cup red and/or green grapes
- 3-4 strawberries, sliced
- 1/2 cup blueberries
- 1 apple, sliced
- 1/4 cups mini dairy-free chocolate chips
- 10 whole cashews



Servings: 10 bugs



*VEGAN



*GLUTEN-FREE

DIRECTIONS:

1. Pipe small dots of cream cheese onto a plate. Top with mini dairy-free chocolate chips.
2. Prepare fruits. Refer to preparation photos for a visual guide showing the many ways you can prepare the ingredients.
3. Scoop seeds from mini cucumbers. Help your bugs stand upright by slicing a flat edge on the bottoms of mini cucumbers and celery sticks.
4. Fill celery stalks or mini cucumbers with cream cheese or peanut butter or sunflower seed butter, using a piping bag or spoon. These will be the base of all the fruit bugs you make.

Snails: Start with a fruit round for the shell. Stick chilled googly eyes onto cashew or grape “heads”. Insert thin-sliced apples (with skins on) for antennae.

Caterpillars: Stick chilled googly eyes onto grape “heads”. Add apple antennae. Make the body with a line of grapes or blueberries.

Dragonflies and butterflies: Stick chilled googly eyes onto grape “heads”. Add apple antennae. Use sliced strawberries for wings. Use blueberries or grapes for the body.

For more information contact The Living Whole Wellness Program at (909) 651-4007 or email livingwhole@llu.edu

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