



## Making Veggies Fun!

### Veggie Bugs

**Makes:** 1 serving per bug

**Ingredients:**

celery for bodies

mini pretzels for wings

raisins or peas for eyes or down back

broccoli slaw for antennas

rice noodles for legs

leaves from tops of celery for butterfly wings

cream cheese in body to hold it all together

**Directions:**

1. Cut up celery in 3 inch pieces. Lay out other ingredients for children to choose from to create bugs.



2. Use a zip lock bag with a pastry tip to put cheese into celery or you can just spread it in.

3. Let your imagination run wild.

**Nutrition Facts:**

**One butterfly with pretzel wings** provides: 120 Calories, 60 Calories from Fat, 6 g Total Fat, 2.5 g Saturated Fat, 0 g Trans Fat, 220 mg Sodium, 13 g Total Carbohydrates, 1 g Dietary Fiber, 1 g Sugar, 4 g Protein, 2% Calcium, 2% Iron

**One caterpillar** provides: 60 Calories, 35 Calories from Fat, 4 g Total Fat, 2 g Saturated Fat, 0 g Trans Fat, 60 mg Sodium, 4 g Total Carbohydrates, 1 g Dietary Fiber, 1 g Sugar, 2 g protein, 0% Calcium and Iron

Recipe from *Walk Kansas for Kids*

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