



# 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

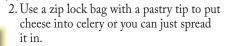
broccoli slaw for antennas

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.



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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