"BUGS ON A LOG"

Ingredients

"Logs"

- 1 celery stalk (Cut into 3 pieces)
- 1 Apple sliced
- Carrot sticks

Spread

- 1 tablespoon of your choice hummus, peanut butter, or cream cheese

"Bugs"

- 1 tablespoon raisins (regular or golden) or craisins
- unsweetened whole grain cereal or granola

Directions

Choose one "log" option, top with a spread and sprinkle with a "bug."

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