



# Delectable Bugs

YIELDS: 10 servings

PREP TIME: 15 minutes

## Ingredients

- 1 bunch celery
- Raisins
- Fruit Bugs:
  - 1 of an apple
  - 1 of an orange
  - 1 small bunch of grapes
  - Strawberry cream cheese
- Vegetable Bugs:
  - 1 of a cucumber
  - 10-15 cherry tomatoes
  - Hummus

EQUIPMENT: 4 cutting boards | 4 knives | 2 spoons | 2 dinner knives | strainer | large plate for serving | small plates for sampling

## Directions

1. Thoroughly wash all produce under cool running water.
2. Cut celery into sticks (about 10cm in length).
3. Cut remaining fruit and vegetables into small bite pieces or slices (see picture above for inspiration).
4. Using a dinner knife or spoon, spread cream cheese or hummus in the curved portion of the celery.
5. Add cut up fruit to the cream cheese bugs and cut up vegetables to the hummus bugs. Use your creativity to decorate them!
6. Add raisins on one end to look like eyes.



Figure 1: Delectable Bugs

*Let's Get Cookin'!*

**Sw**  
SOUTHWESTERN  
Public Health  
Oxford • Elgin • St.Thomas

**ML**  
BUREAU DE SANTÉ DE  
MIDDLESEX-LONDON  
HEALTH UNIT  
[www.healthunit.com](http://www.healthunit.com)