Insect-Infected Logs (No Oven Recipe)

Makes 4 servings (2 filled logs each)

**Stuff You Need**

- Cutting board
- Cutting knife (for adult use)
- 3 small bowls (or containers with covers)
- Plastic wrap
- Butter knives or plastic knives
- Measuring cups
- Measuring spoons
- Snack-size plates (1 per participant)

**What’s In It?**

- 4 (8-inch) celery stalks
- ½ cup creamy peanut butter
- 2 tablespoons currants (or raisins)
- 2 tablespoons apricot bits or 6 dried apricots sliced into mini “worm-like” pieces

**How to Put It Together**

1. Fill celery “logs” evenly with peanut butter using a butter knife or plastic knife.
2. Top with currants for the “ants” and apricots (“worms”). Take a bite – if you’re not too grossed out! They’re weirdly wonderful!

**Why It’s Good for You**

This snack counts towards two food groups – Meat & Beans (did you know peanut butter is in the Meat & Beans Group?) and Vegetables (from the celery) plus it gives you fiber!

**Nutrition Information Per Serving:** 220 calories, 16g total fat, 3.5g saturated fat, 0mg cholesterol, 190mg sodium, 14g carbohydrate, 3g dietary fiber, 9g sugars, 9g protein, 8% vitamin A, 6% vitamin C, 4% calcium, 6% iron

*This recipe is adapted with permission from Kidnetic.com.*