

Snack Recipes

BUGS ON A LOG

Easy, fun, and nutritious! Try all the different variations. What are your ideas?

Logs:

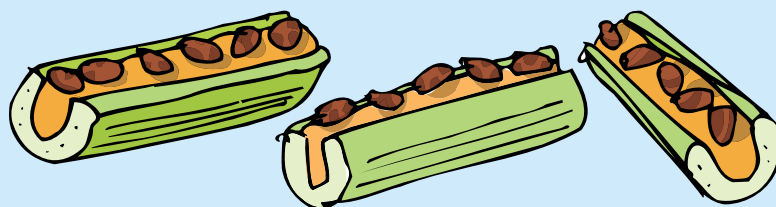
- Celery sticks (about 3 in.)
- Carrot sticks (about 3 in.)
- Cucumber sticks (about 3 in.)
- Apple slices (remove cores)

Spreads:

- Fat-free cottage cheese
- Fat-free cream cheese
- Peanut butter
- Hummus

Bugs:

- Raisins/dried cranberries
- Chopped nuts
- Sunflower seeds



WIGGLY FINGERS



What do you need?

- 3 packages unflavored gelatin
- 1/2 cup 100% pineapple juice
- 1 cup 100% orange juice
- 1 cup boiling water



(Note: You can replace the pineapple juice and orange juice with any combination. Try grape and other 100% juices, too!)

Here's how to make them:

1. Mix gelatin with a little of the pineapple juice.
2. Add 1 cup boiling water slowly, stirring constantly until gelatin is dissolved.
3. Add remaining juices.
4. Pour into 9"x 12" pan.
5. Chill until set.
6. Cut into finger lengths.
7. Store in covered container in refrigerator.

