



Bugs on Sticks



Ingredients

Sticks: Celery, carrot, cucumber or banana stick (OR ALL OF THEM!)

Spread: Peanut butter, cottage cheese, hummus or avocado.

Bugs: Sultanas, cherry tomatoes, olives, grapes, blueberries, seeds or nuts.

Instructions

1. Cut your base piece into a long 'stick' shape.
2. Add the spread to the flat concave side of your 'stick'.
3. Top your sticks with any 'bugs' of your choice from the list.



**CASEY
CENTRAL**
My place, starts here.