



Ladybug Apple and Raisin Snack

Ingredients:

1 Apple (1 cup fruit after coring)

Raisins

1 Red or Black Grape

2 Tbsp. Peanut butter

1. Cut apple in half (adult).
2. Cut out the core of the apple.
3. Cut apple into 4 slices (2 slices form the lady bug wings).
4. Spread peanut butter on the cut edge between the 2 apple slices to hold the “wings” together.
5. Use peanut butter to stick raisins on the skin side of the apples to look like ladybug spots.
6. Make the lady bug head by cutting the grape in half and stick to the apples using peanut butter.

Yield: 2 servings

Serving Size: Each serving provides a fruit/vegetable and a meat alternate at snack for children 3-5 years.