



Peanut Butter Bugs

Ages: 5-12 years old

Time: 15 minutes

Materials:

½ cup creamy peanut butter
1 Tablespoon honey
1/3 cup nonfat dry milk
2 Tablespoons wheat germ or oat bran
Unsweetened cocoa or carob powder
Sliced almonds, licorice whips, small candies

Procedure:

Mix ingredients, then form dough into bug shapes

For bees: dip a toothpick in cocoa, then gently press toothpick across top of bee body to make stripe. Stick "wing" almonds into peanut butter bodies.

For butterflies: use licorice whips to add wings, antennae to peanut butter body.

For beetles: criss-cross 3 pieces of licorice to make legs. Add peanut butter body to legs.

Additional Comments:

Each child would enjoy making his/her own dough in a small Ziploc bag. Halve recipe, then add all ingredients into bag. Sandwich bag or small paper plate could hold bug "parts" (almonds, licorice, etc.). Bugs could also be made with play dough, pipe cleaners, toothpicks, google eyes.