



September 23- Bugs on a Log

Not Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/bugs-log>

Recipe

Ingredients:

Bug options- raisins, whole-grain cereal, peanuts

Log options- celery, apples, carrot sticks

Spread options- cream cheese, cheese, peanut butter

Directions:

1. Choose one “log” option, top with spread and sprinkle with a “bug”.

Yield 1 serving

Nutrition Facts

Serving Size 1 log (39.53g)
Servings Per Container 1

Amount Per Serving

Calories 50 **Calories from Fat** 20

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 1.5g **7%**

Trans Fat

Cholesterol 10mg **3%**

Sodium 85mg **4%**

Total Carbohydrate 5g **2%**

Dietary Fiber 0g **2%**

Sugars 4g

Protein 1g **3%**

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.