



BASHFUL BENTLEY'S BED BUG SNACKS - Just for the kids (Big kids too!)– This recipe is the type that you can get creative with.)

- 4 Bananas peeled and cut in half
- 8 Popsicle sticks
- Chunky Peanut butter
- Honey
- Granola

Cut bananas in half and insert Popsicle stick lengthwise
Warm peanut butter in microwave, add honey
Roll bananas in mixture, sprinkle on granola and enjoy!

Alternative ingredients:

- Chocolate white or dark chopped or chips
- Any type of nut chopped
- Jelly for added flavor
- Carmel
- Sprinkles

APPLE BED BUG TREATS

"Red apples are decorated to look like bed bugs. This is a quick and fun snack that kids will enjoy making and eating. For once kids can play with their food."

Ingredients

- 2 red apples
- 1/4 cup raisins
- 1 tablespoon peanut butter
- 8 thin pretzel sticks

Directions

1. Slice apples in half from top to bottom and scoop out the cores using a knife or melon baller. If you have an apple corer, core them first, and then slice. Place each apple half flat side down on a small plate.
2. Dab peanut butter on to the back of the 'bed bug', and then stick to make eyes. Stick one end of each pretzel stick into a raisin, and then press the other end into the apples to make antennae.