

Ladybug Apples

The Best Ladybug Apple Snack

Servings 2

Ingredients:

- 1-small red apple
- 2tsp.- strawberry cream cheese (low-fat)
- 1/8 cup- raisins or dried cranberries
- 1 or 2-red or black seedless grapes
- (Optional) lettuce leaves for garnish if desired

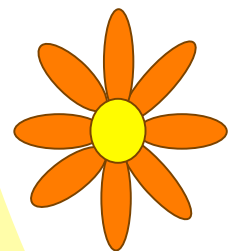
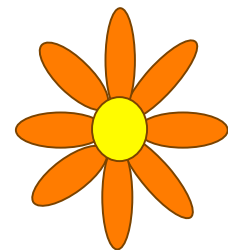
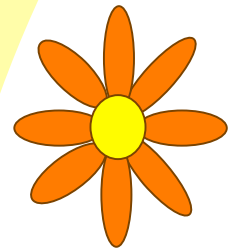
Alternatives: peanut or almond butter instead of cream cheese. Round cereal instead of raisins, a small pinch of cinnamon. Use your imagination and what you have on hand in the kitchen.

Directions:

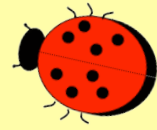
Wash the apples and lettuce. Arrange a few lettuce leaves on each plate. Cut apples in half from stem to bottom. Remove seeds. Lay each half of apple cut side down on cutting board and cut in half from stem to bottom. With skin side up place both halves of apple on top of lettuce. Put a small amount of cream cheese in-between the apple halves to adhere the apple back together (enough to have a small amount squish out the top). Stick raisins to cream cheese down the middle of apple, then use a small dab of cream cheese to adhere the raisins (see picture below) on each wing. Cut a grape in half and use cream cheese to stick it to one end of your ladybug apple for the head.

This is a perfect recipe for adults and kids to make together. It's fun, easy, cute, and so tasty. And did I mention it's healthy too!

Enjoy,
Tamara

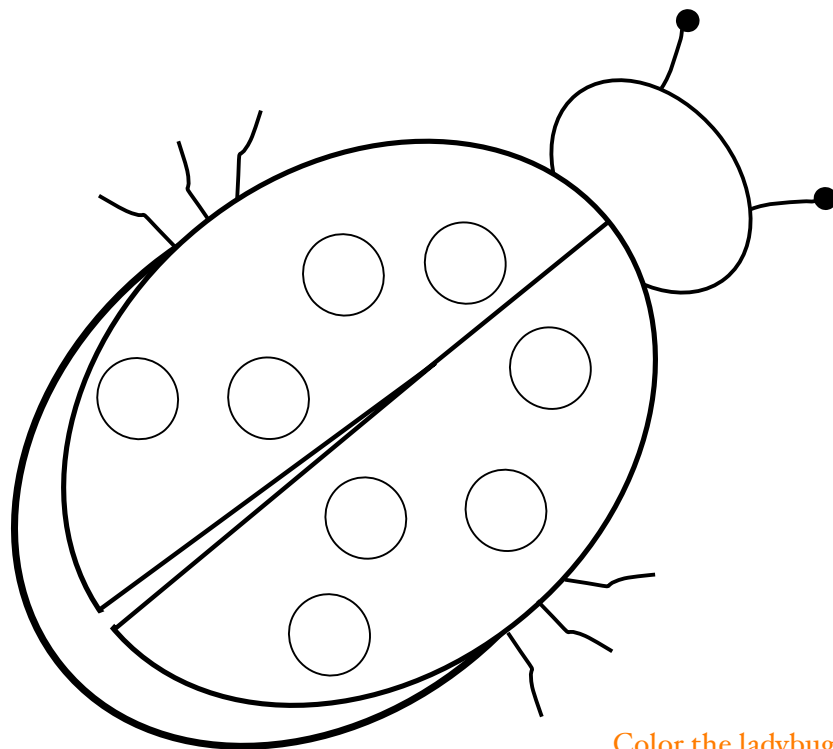


Ladybug Facts



10 Facts About Ladybugs

- ❁ Ladybugs are also called Lady beetles or Ladybirds.
- ❁ The male ladybug is usually smaller than the female.
- ❁ A ladybug beats its wings 85 times a second when it flies.
- ❁ The spots on a ladybug fade, as the ladybug gets older.
- ❁ In many countries, ladybugs are considered to be good luck.
- ❁ Aphids are a ladybug's favorite food, making them good for your garden.
- ❁ There are over 5000 different kinds of ladybugs worldwide.
- ❁ A female ladybug will lay more than 1000 eggs in her lifetime.
- ❁ Ladybugs chew from side to side and not up and down like people do.
- ❁ Ladybugs are all around us! Ladybugs can be found in trees, shrubs, fields, beaches, and even houses!



Color the ladybug