Beetles on a Log for kids

Snacks · ages 5 to 9 (grades K–3rd) · about 10 minutes · serves 2

Beetles on a log! Shiny blue beetles with crunchy pretzel legs. They're the only bugs you're allowed to eat. Steps marked Grown-up step are for a grown-up to do.

Ingredients

- 2 sticks of celery
- 4 tablespoons sunflower seed butter
- 12 pretzel sticks (or gluten-free pretzel sticks)
- ¼ cup blueberries
- 1 teaspoon mini chocolate chips (optional)

Tools

A cutting board, A sharp knife (grown-up), A butter knife, Measuring spoons, A plate.

Steps

1. Wash your hands with soap for twenty seconds, then let's make Beetles on a Log!
2. Grown-up step: A grown-up cuts 2 sticks of celery into short logs, two from each stick.
3. Spread 4 tablespoons of sunflower seed butter along each log with a butter knife.
4. Snap 12 pretzel sticks into three short bits each. Those are legs!
5. Lay three pretzel bits across the log for each beetle, side by side.
6. Press ¼ cup of blueberries onto the legs, one blueberry for each beetle.
7. Tuck 1 teaspoon of mini chocolate chips in at the front of each beetle for a head.
8. Your beetles are done! Look, they're scuttling along the log.

Safety notes

- Sharp! A grown-up does this part.
- Contains milk, wheat, soy. Swap an ingredient for an allergy where the recipe lists a swap.
- Raw celery is hard to chew for little ones under 4: cut it thin.
- Squash blueberries a little for little ones under 4.
- Read the label on packets for allergies.
- Sticky fingers.

Kitchen science

Every insect has six legs, three on each side. Count your beetle's pretzel legs to check it's a real bug!

Make it your own

- Make red beetles with raspberries instead of blueberries.
- Use cream cheese on the log for snowy beetles.
- Give each beetle two thin pretzel bits at the front for feelers.

Free at peabody.kids/kitchen/beetles-on-a-log