

# If Your Monster Won't Go to Bed

## Bug Juice Recipes

### Basic Bug Juice

- 🐛 1 C of your favorite juice (I like fruit punch)
- 🐛 2-5 gummy bugs or worms
- 🐛 Stir gently, drink quickly (straw optional)

### Bug Juice Shake

- 🐛 1/2 C of your favorite juice (I like fruit punch)
- 🐛 1/2 C fruit sherbet (I like orange)
- 🐛 2-5 gummy bugs or worms
- 🐛 Blend until fully mushy and gushy
- 🐛 Drink up!

### Bug Juice in a Bowl

Just like Basic Bug Juice or Bug Juice Shake, only in a bowl.

- 🐛 Eat with a spoon
- or
- 🐛 Slurp it with a straw.
- Monster's choice!

