# 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

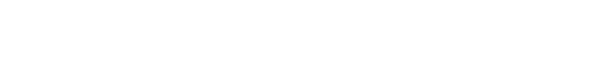
- 1/2 C of your favorite juice (I like fruit punch)
- ½ C fruit sherbet (I like orange)
- 2-5 gummy bugs or worms
- Blend until fully mushy and gushy
- Drink up!

#### 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!



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