



## Ants on a Log

### Celery & Peanut butter

5 stalks                      Celery  
½ cup                         Peanut butter  
¼ cup                         Raisins

Makes 5 servings (3 pieces per serving)

Cut the celery stalks in three pieces. Spread with peanut butter and sprinkle with raisins.

#### Nutritional Information:

Calories: 182                Total Fat: 13.29g  
Saturated Fat 2.61g      Carbohydrate 11.68g  
Fiber: 2.43g                Protein: 6.94g

### Celery and Light Cream Cheese

5 stalks                      Celery  
½ cup                         Light cream cheese (or a flavored cream cheese for something  
different)  
¼ cup                         Raisins or dried cranberries

Makes 5 servings (3 pieces per serving)

Cut the celery stalks in three pieces. Spread with Light Cream cheese and sprinkle with raisins.

#### Nutritional Information:

Calories: 104                Total Fat: 14g  
Saturated Fat 2.69g      Carbohydrate 3.27g  
Fiber: 1.18g                Protein: 2.54g