

ANTS ON A LOG

SNACK - SERVES 4

INGREDIENTS



INSTRUCTIONS

1. Wash celery. Cut stalks in half.
2. Fill each stalk with nut or seed butter.
3. Stick raisins in butter, like shown in picture.



Nutrition Facts

Servings: 4

Amount per serving

Calories

126

% Daily Value*

Total Fat 8.2g

11%

Saturated Fat 1.7g

9%

Cholesterol 0mg

0%

Sodium 96mg

4%

Total Carbohydrate 11.1g

4%

Dietary Fiber 1.7g

6%

Total Sugars 7.2g

Protein 4.5g

Vitamin D 0mcg

0%

Calcium 15mg

1%

Iron 2mg

10%

Potassium 239mg

5%

SNAP-Ed
Pennsylvania
Healthy Food,
Healthy Moves,
Healthy YOU.

Einstein
More than Medicine

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