

RECIPE

Ants on a Log

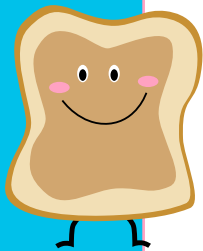
Start to Finish: 5 minutes Servings: 5

Ingredients:

- 5 celery stalks
- 1/2 cup reduced-fat creamy peanut butter
- 1/4 cup raisins

Directions:

1. Cut the celery stalks in half.
2. Spread celery with peanut butter.
3. Sprinkle with raisins.



Nutrition Information Per Serving:

147 Calories; 8 g Total Fat; 1.6 g Saturated Fat; 0 mg Cholesterol; 154 mg Sodium; 16 g Carbohydrates; 2 g Fiber; 8 g Sugars; 6 g Protein