

Ants on a Log

What You'll Need

4 stalks celery, cut lengthwise
1/2 cup peanut butter or 1/2 cup
fat-free cream cheese

1/4 cup of your favorite “ants”
(see “Examples” below)

Serves 4

Let's Cook!

- 1 Place 8 celery sticks on a plate.
- 2 Spread peanut butter or cream cheese in the center of the celery.
- 3 Place a line of ants down the center of the celery stick.

Ants:

- raisins
- dried cranberries
- blueberries
- sliced toasted almonds
- sunflower seeds (without shell)
- low-fat granola

Variation: Stuff on a Log

Instead of the ant options listed above, you can top your log with:

- salsa
- sliced olives
- wasabi peas
- carrot shreds
- peas
- diced peaches, pineapple or apples

Please note: small food items are a choking hazard for young children.

