



ANTS ON A LOG

	Ingredients	Exchanges
Protein	16.7 gm creamy peanut butter	3.7 (-3.7gm)
Fat	26.3 gm butter	6 (-3.7gm)
Carbohydrate	19.1 gm celery, raw	0.7
	----- 3.3 gm red grapes	----- 0.6

Recipe developed by Chef Paige Vondran

DIRECTIONS

- In a small bowl, mix together the room-temperature butter and creamy peanut butter until smooth.
- Scoop the peanut butter mixture into the celery cavity.
- Thinly slice the red grapes to create the “ants.”
- Assemble the grape slices on top of the peanut butter mixture.
- Serve chilled.

VARIATIONS

- Other carbohydrates may be used such as raisins or blackberries.
- This recipe can be adjusted as needed to your child’s individual meal plan.
- SunButter® can be used in place of peanut butter.
- This recipe can be made as either a snack or a meal.