

## [Ants on a log](#)



Recipe credit

Food Hero, Oregon SNAP, OSU Extension Service

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## About this recipe

Serves

4 servings

Time to make

5 minutes

Special criteria

[Summer meals in a SNAP](#)

## Ingredients

- 4 stalks celery
- $\frac{1}{4}$  cup peanut butter
- 2 tablespoons raisins

## Directions

1. Wash hands with soap and water.

2. Remove outer strings of celery with a vegetable peeler, if desired. Cut each celery stalk into three pieces.
3. Spread peanut butter on the inside of the celery.
4. Place raisins on top of the peanut butter.
5. Refrigerate leftovers within two hours.

## Tips and variations

- Try filling with any nut butter, sunflower butter, low-fat cottage cheese or a thick dip, such as hummus.
- Try topping with any dried fruit, chopped nuts or hulled seeds, such as sunflower seeds.
- Try adding pieces of fruits or vegetables, pretzels or crackers to create celery butterflies or other fun critters.

## Nutritional info

Calories

120

Total fat

8g

Saturated fat

1.5g

Cholesterol

0mg

Sodium

100mg

Total carbohydrates

8g

Dietary fiber

2g

Protein

4g

Total sugar

5g

Allergens

Peanuts

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