

## Bugs on a Log

### Ingredients:

- 2 stalks celery
- 1 1/2 tablespoons raisins
- 1 tablespoon peanut butter

### Equipment:

- Cutting board
- Knife
- Measuring spoons

Number of Servings: 4  
 Preparation Time: 5 minutes  
 Total time: 5 minutes

### Directions

1. Wash stalks and cut into 4 inch pieces.
2. Spread peanut butter evenly in groove of all pieces.
3. Dot with raisins on peanut butter.
4. Serve immediately.
5. Can also try apple slices, dried cranberries, or try carrots cut lengthwise.

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### Nutrition Facts

Serving Size: 1/2 Stalk	
Servings: 4	
<b>Amount Per Serving</b>	
<b>Calories 37</b>	<b>Calories from Fat 18</b>
	<b>%Daily Value*</b>
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat traceg	2%
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 37mg</b>	<b>2%</b>
<b>Total Carbohydrate 4g</b>	<b>1%</b>
Dietary Fiber 1g	3%
<b>Protein 1g</b>	<b>3%</b>
Vitamin A 1%	Vitamin C 3%
Iron 1%	Calcium 1%
*Percent Daily Values are based on a 2,000 calorie diet.	

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