



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 grove 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

Amount Per Se	erving		
Calories 37		Calories from Fat	18
8		%Daily Val	ue*
Total Fat 2g			3%
Saturated Fat traceg			2%
Cholesterol 0mg			0%
Sodium 37mg			2%
Total Carbohydrate 4g Dietary Fiber 1g			1%
			3%
Protein 1g			3%
Vitamin A	1%	Vitamin C	3%
Iron	1%	Calcium	1%

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.

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