

Eat Smart • Move More

Bugs on a Log

Prep Time: 5 minutes

Total Time: 5 minutes



Ingredients

- 1 celery stalk, cut into chunks
- 1 tablespoon peanut butter
- 1 tablespoon raisins

Nutrition Facts

1 servings per container

Serving size

1 serving

(65.06g)

Amount per serving

Calories

130

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Total Carbohydrate 12g **4%**

Dietary Fiber 2g **7%**

Total Sugars 8g

Includes g of Added Sugars

Protein 4g

Vitamin D 0mcg **0%**

Calcium 28mg **2%**

Iron 1mg **2%**

Potassium 261mg **6%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ You can use apple slices as the “log,” peanuts or dried cranberries as the “bugs,” and low-fat cream cheese or hummus in place of the peanut butter.
- ▶ Always wash vegetables before cutting.

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Directions

- Lay celery on cutting board and spread peanut butter evenly onto the center of the celery.
- Scatter the raisins on top.

(Recipe adapted from National Network for Childcare, as listed at: <https://whatscooking.fns.usda.gov/>)

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