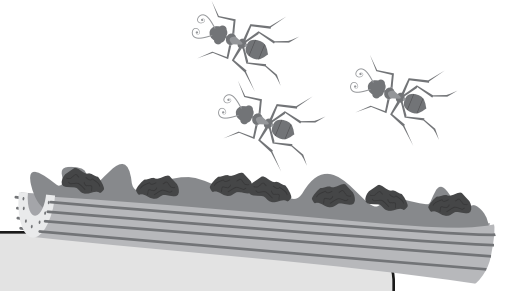


TRY THIS AT HOME:
Ants on a Log



You will need:

2 celery stalks
4 tablespoons peanut butter

PREP TIME: 5 minutes

2 tablespoons of raisins
Help from an adult

How do you make a quick easy snack using celery?

1. Wash the celery and cut it into long pieces (about 2-3 inches long).
2. Spread the peanut butter in the U-shaped part of celery, from one end to the other.
3. Press raisins gently into the peanut butter.
4. Enjoy your ants on a log!

SERVING SIZE: 1 celery stalk or $\frac{1}{2}$ cup

Fun Fact

Celery is a good source of potassium. Potassium is important for healthy nerves and muscles. One stalk of celery will give you $\frac{1}{2}$ cup on your way to the recommended 2 cups of vegetables per day.