

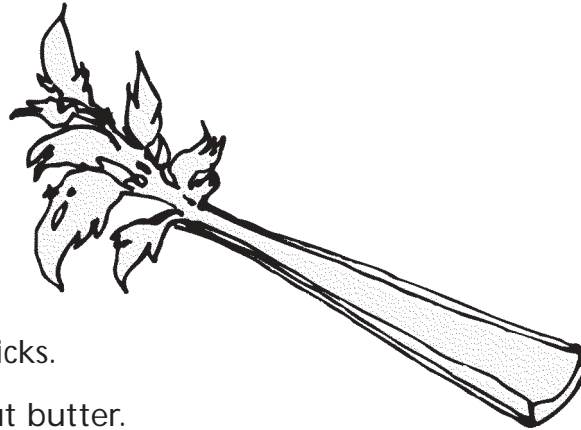
# ANTS ON A LOG

★ Serves: about 16

1 bunch of celery

1 (8-ounce) package of cream cheese, low-fat  
or peanut butter, reduced-fat

1 cup raisins



- 1.** Wash celery. Cut celery into about three-inch sticks.
- 2.** Fill inside of celery with cream cheese or peanut butter.
- 3.** Place raisins along the celery on top of the cream cheese or peanut butter so it looks like ants sitting on a log.

**Nutrition Facts** (made with low-fat cream cheese): Serving size: 3 pieces; Calories: 110; Fruits and Vegetables: 1 serving; Fat: .5 g; Fiber: 1 g.