



Recipes

Savory Snacks

Ants on a Log

Prep Time: 10 minutes

Cook Time: none

Yield: 1 serving

Ingredients:

2 tablespoons almond butter or other natural nut butter

2 stalks celery

A small handful of dried blueberries, cherries or raisins

Directions:

1. Wash celery.
2. Spread nut butter inside each stalk.
3. Dot with blueberries or "ants".

Note:

- Here's a simple, healthy snack for kids that adults like too.