



A Nutrition Resource

ANTS OR BUGS ON A LOG

Yield: 1 Serving | Serving Size: 2 celery sticks

Cost/Serving: \$3.09

Ingredients:

- 1 stalk of celery
- 1 1/2 Tablespoons peanut butter or other nut butter
- 1 Tablespoon raisins, cereal, or nuts

Directions:

- 1) Wash celery and cut into two pieces for logs.
- 2) Fill center with nut butter. Top with raisins or cereal to create ants or bugs.



Nutrition Facts

1 servings per container	
Serving size	2 sticks (45g)
Amount per serving	
Calories	170
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	7%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 1mg	6%
Potassium 279mg	6%

*The % Daily Value 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.

