# Ants on a Log

Ants on a Log is a classic after-school snack! Quick and easy, these treats can be whipped up ahead of time or prepared right before enjoying.

Makes: 6 servings

**Prep Time: 5 minutes** 

Source: snap4ct.org, Ants on a Log

#### **Ingredients**

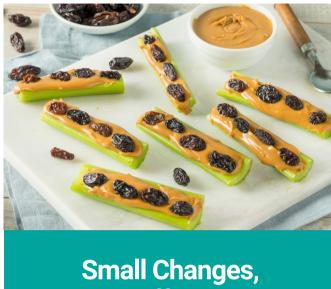
- · 6 celery stalks
- ½ cup peanut butter (or sunflower butter)
- ¼ cup raisins (or unsweetened dried fruit of choice)

#### **Directions**

- 1. Cut the celery stalks in half.
- 2. Spread with peanut butter.
- 3. Sprinkle with raisins.

#### **Utensils Needed**

- · Sharp knife
- · Cutting board
- Knife or spoon
- Measuring cups



# **BIG Difference!**







#### **Nutrition Information**

Serving Size: 2 logs (1 full stalk)

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Nutrients	Amount
Calories:	147
Total Fat:	<u>11 g</u>
Saturated Fat:	<u>2 g</u>
Cholesterol:	0 mg
Sodium:	113 mg
Total Carbohydrates:	<u>10 g</u>
Dietary Fiber:	<u>2 g</u>
Total Sugars:	<u>6 g</u>
Added Sugars:	n/a
Protein	<u>6 g</u>



### **SHOPPING LIST**

Average total cost without oil and seasonings: \$5.14

Average cost/serving: \$0.86

**Recipe makes: 6 Servings** 

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

#### **Ingredients**



Add 1 to Cart Celery



Add 1 to Cart Raisins (12 oz.)



Add 1 to Cart Peanut Butter (16 oz.)

# **SAVE TIME, SAVE MONEY**

**My Cooking Notes** 

#### **Preparation Tips**

 Get creative with your Ants on a Log! There are tons of different variations to try.

## **Similar Recipes**

- Consider trying recipes for other quick snacks found on snapedny.org, such as:
  - Apple Sandwiches
  - o Banana Roll Ups
  - Fruit Pizza

