

# 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](http://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



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 2 logs (1 full stalk)

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

# 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](http://snapedny.org), such as:
  - Apple Sandwiches
  - Banana Roll Ups
  - Fruit Pizza