



'Grown-Up' Ants-on-a-Log

Total Time: Less than 5 minutes

Yield: 1 serving (three "logs")

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Ingredients:

1 celery rib

1-2 tablespoons roasted almond butter (or any other nut or seed butter)

1-2 tablespoons dried fruit (e.g., raisins, cherries, cranberries)

Instructions:

1. Wash celery rib with cold water. Cut celery rib into 3 celery sticks.
2. Spread each celery stick with a third of the almond butter.
3. Top the almond butter celery stick with dried fruit; serve immediately!
4. Enjoy!