



## January 13- Ants on a Log

Smart Snack

Link: <http://www.kraftrecipes.com/recipes/ants-on-a-log-52908.aspx>

### Recipe

#### *Ingredients:*

- 8 stalks celery, each cut crosswise into 3 pieces (3 to 4 inches each)
- 1 tub (8 ounces) cream cheese spread
- ½ cup raisins

#### *Directions:*

1. Fill celery with cream cheese spread
2. Top with raisins

Yield 12 servings

### **Nutrition Facts**

Serving Size 2 pieces (51.81g)  
Servings Per Container 12

Amount Per Serving

Calories 80      Calories from Fat 45

%Daily Value\*

**Total Fat** 5g      7%

Saturated Fat 3g      15%

Trans Fat

**Cholesterol** 20mg      6%

**Sodium** 90mg      4%

**Total Carbohydrate** 8g      3%

Dietary Fiber <1g      3%

Sugars 7g

**Protein** <1g      2%

Vitamin A 6%      Vitamin C 0%

Calcium 4%      Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.