



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.

Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter

This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.