

Ants on a Log


Follow the directions and make your own healthy snack.



Materials

1. sharp knife 

2. celery 


3. nut or seed butter 

4. raisins 

5. tea towel 

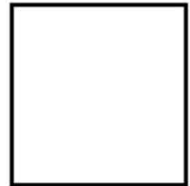
6. plate 

7. butter knife 

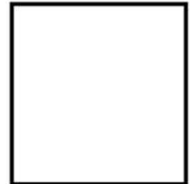
8. cutting board 

Directions

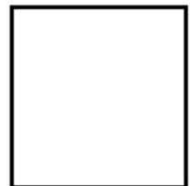
1. Chop the ends off the celery on the cutting board.



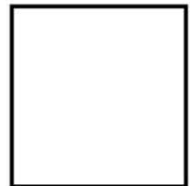
2. Rinse each celery stalk under water.



3. Dry each celery stalk with a tea towel.



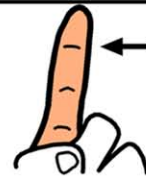
4. Spread nut butter onto each celery stalk.



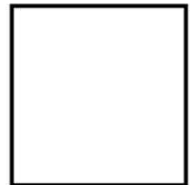
5. Place raisins on top of the peanut butter.



6. Chop celery into finger-length pieces.



7. Place finger-length pieces onto plate.



8. Serve and enjoy.

