

ANTS ON A LOG

Makes a healthy snack for 4

INGREDIENTS

1 head of celery
1/3 a cup of raisins
1/2 a cup hummus

DIRECTIONS

1. Chop bottom inch off celery and separate into individual stems. Leaves are edible, though bitter - remove them if you like.
2. Thinly spread hummus through the trough of each celery stem. Don't make too many - just make what you can eat.
3. Gently place raisins into hummus, and lightly press them into place.
4. Serve and enjoy!

NOTES

This classic snack can be made in many different ways! Celery is great with peanut butter, sour cream, soft cheese or cream cheese, guacamole, nut butters. Raisins, dried cranberries, chocolate chips, chopped red pepper, and nuts all make for great "ants" - be creative!

