



Ladybugs on a Log

NUTRITIONAL INFORMATION PER SERVING

Makes 2 servings.

One serving contains:

150 calories

0 grams of fat

3 grams of fiber

8% of Daily Value of Vitamin A

8% of Daily Value of Vitamin C

For more free healthy recipes, log on to
www.idph.state.ia.us/pickabettersnack

Pick a better snack™



Funded by Iowa Nutrition Network through USDA's Food Stamp Program, an equal opportunity provider and employer.
The Iowa Food Assistance Program can help you buy nutritious food for a healthy diet. To find out more, call 1-877-YES-FOOD.



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INGREDIENTS

2 stalks of celery
2 tablespoons of fat-free cream cheese
1/2 cup of dried cranberries or raisins
Cinnamon

PREPARATION

1. Wash celery. Cut celery stalks in half.
2. Spread cream cheese on each stalk.
3. Sprinkle dried cranberries or raisins on top of the cream cheese.
4. Sprinkle with cinnamon.

Makes 2 servings.

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