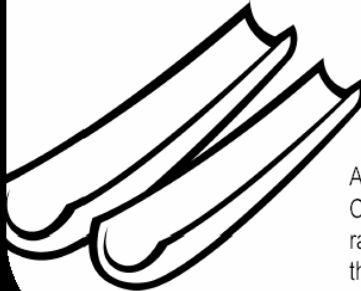


Pick a *better* snack™

(how easy is that?)

Nutty Celery Nibbles

Cut. Eat



- 4 celery stalks
- 1 cup canned crushed pineapple, drained
- 1 cup light cream cheese
- 1 tablespoon honey
- 2 tablespoons peanut butter
- 1 cup raisins or other dried fruit bits
(cranberries or cherries work well)
- 3 tablespoons crushed nuts

After rinsing and drying the celery stalks, trim off the leafy parts. Combine pineapple, cream cheese, honey and peanut butter. Stir in raisins or other dried fruit. Fill the groove of each celery stalk with the mixture. Sprinkle crushed nuts over the stalks.

Pick a **better** snack™



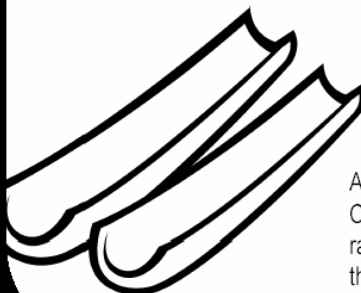
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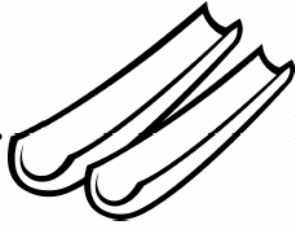
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Pick a **better** snack™



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Celery Cut.



Eat. How easy is that?

- Spread celery stalk with cream cheese and sprinkle with cranraisins.
Cut stalks and fill with low-fat cream cheese. Make into a “car” by adding carrot slices for tires and a steering wheel.
- Cut celery into bite sized pieces and put in a salad with tangerines and grapes.
Buying tips: Choose crisp bunches of celery with fresh green leaves.

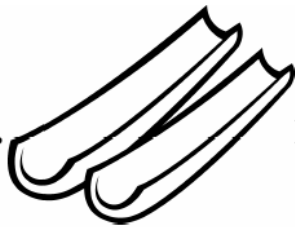
Special tips: To wash, rinse with cold water.

Storing tips: Celery should be stored in the refrigerator wrapped in plastic and used within 2 weeks.
Trim the ends of the stalk.

Serving size: 1 cup sliced or chopped

Message from Iowa Nutrition Network and USDA’s Food Stamp Program

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