



Parfait Celery Sticks

Servings 2 | Prep time 10 mins | Total time 10 mins.

Equipment: Safety peeler, Plate
Utensils: Knife or spatula, Measuring cups and spoons

Ingredients

2 celery stalks
2 tablespoons low-fat cream cheese OR 2
tablespoons nut butter (such as peanut
butter, almond butter, or sun butter)
2 teaspoons granola
1/4 cup fruit, sliced (such as strawberries, apples,
grapes, or pears)

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Using a safety peeler, run along the back of the celery to peel away celery strings. Cut celery stalks into two or three pieces.
3. Put the celery stalks on the plate. Using a spoon spread the cream cheese or nut butter on the inside of each stalk of celery until divided evenly.
4. Sprinkle with the granola and top with fresh fruit slices, press toppings down so they stick to the filling inside the celery.

Nutritional Information:

Calories 50
Total Fat 3g
Sodium 80mg
Total Carbs 5g
Protein 2g