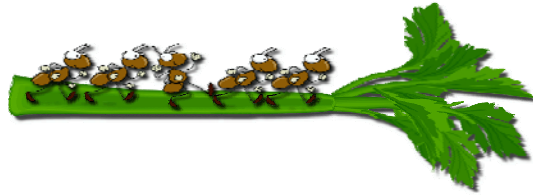


# Ants on a Log

Prep time: 5 minutes • Serves: 2

## Ingredients:

- 2 celery sticks
- 6 tbsp. peanut butter
- 2 tbsp. raisins



## Utensils:

- knife (*You'll need help from your adult assistant.*)

## Directions:

1. Wash the celery and cut it into pieces (each piece should be about 5 inches long).
2. Spread peanut butter in u-shaped part of celery, from one end to the other.
3. Press raisins gently into peanut butter.
4. Enjoy your ants on a log!

Nutritional analysis (per serving):

Serving size: 1 celery stick

110 calories  
4 g protein  
8 g fat  
7 g carbohydrate  
1g fiber  
0 mg cholesterol  
75 mg sodium

Note: Nutritional analysis may vary depending on ingredient brands used.

# Strawberry Smoothie

Prep time: 5 minutes • Serves: 1

## Ingredients:

- 2 ice cubes
- 1 c. milk, low fat
- 1/3 c. cottage cheese, low fat
- 2/3 c. frozen strawberries
- 1 1/2 tsp. sugar
- 1 tsp. vanilla extract



## Utensils:

- blender (*You'll need help from your adult assistant.*)
- serving glass
- measuring cups and spoons

## Directions:

1. Pour all of the ingredients into the blender.
2. Put the lid on the blender and blend for 45 to 60 seconds until smooth.
3. Pour your smoothie into a glass and enjoy.

Nutritional analysis (per serving):

Serving size: 1 large glass

240 calories  
18 g protein  
3.5 g fat  
32 g carbohydrate  
2 g fiber  
15 mg cholesterol  
430 mg sodium

Note: Nutritional analysis may vary depending on ingredient brands used.