



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## Ants on a Log

YMCA of Northern  
Rock County

**Try this new twist on an old favorite or keep it classic by substituting peanut butter and raisins.**

Servings: 1

### Ingredients:

2 stalks celery, trimmed  
3 tbsp. cream cheese  
1/4 cup assorted dried fruit

### Directions:

Spread cream cheese into hollow side of each celery stalk, then sprinkle with dried fruit.

### Nutritional Information (with cream cheese):

Calories: 277  
Fat: 15.3g  
Carbs: 34.4g  
Protein: 4.4g

### Nutritional Information (with peanut butter):

Calories: 412  
Fat: 24.3g  
Carbs: 45.4g  
Protein: 12.3g



This recipe is provided to you by Y  
Personal Trainer, Kelly Jones

## DID YOU KNOW?

Did you know ... celery is more than a crunchy snack or tasty ingredient in salads and main dishes. It actually has a number of health benefits:

1. Celery is a great source of 15 antioxidants, most notable vitamin C, beta carotene, and flavonoids. Antioxidants protect cells, blood vessels, and organs from oxidative damage.
2. Celery (and celery seeds) have around 25 anti-inflammatory compounds that can help protect against inflammation in the body, including conditions like arthritis and osteoporosis.
3. Celery supports digestion with its generous amount of fiber.
4. Celery is rich in vitamins and minerals such as vitamins A, K, and C; as well as the minerals potassium, folate, magnesium, iron, and sodium; important nutrients for overall good health.

To retain celery's nutrition, wait to cut the celery right before eating it.