



Dart's Dish on healthy eating!

Ants on a Log

A stack of several brown logs, representing the 'log' part of the recipe name.

Ingredients: 1 celery stick, 1 tsp. peanut butter, 1 tbsp. raisins or crisp rice cereal

Directions: Spread peanut butter on celery stick. Press cereal and/or raisins into peanut butter. The kids will love the “good” ants!

Modifications: Try substituting other nut butters for peanut butter. Some children may be allergic to peanut butter, if so try hummus or cream cheese. Other healthy replacements for “ants” are nuts, blueberries, coconut, or granola.

FAMILY ENGAGEMENT