

Ants on a Log Recipes for Grown Ups



Fun, healthy snacks are NOT just for kids!

FILL YOUR CELERY WITH TOPPINGS

Don't like celery? Cut a cucumber or zucchini in half and then again lengthwise, scoop out center and fill it up!



Hummus

+



Dried cranberries



Chicken salad

+



Grapes (cut in half)



Canned chicken

+



Low-fat mayonnaise

+



Salsa



Almond butter

+



Dried cranberries



Low-fat yogurt

+



Pineapple or
grape halves



Low-fat cream cheese

+



Herbs such as basil,
parsley, or chives



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider.