

RECIPE

Celery & Peanut butter



1 Serving

Calories: 150-200cals

Protein: 8g

Fiber: 5g

Ingredients

- Cut up 5 celery stalks
- 2 tablespoons of peanut or almond butter

Instructions

1. Cut up celery into your desired size pieces
2. Fill the celery sticks with the peanut/almond butter

Tips

If you do not want to fill your celery sticks with peanut butter, just dip the celery sticks in a small bowl of the peanut butter.