



# Ants on a Log

This healthy snack is so simple to make that your kids can even do it

## Ingredients

10 tbsp peanut butter  
5 stalks celery, cut into halves  
50g sultanas

## What you'll need

Tablespoon

## Method

Spread one tablespoon of peanut butter on each half celery stalk then push sultanas into the top. It's that easy!

If you've got a bit of a sweet tooth, you could always swap the sultanas for chocolate chips and replace the celery with a banana for slow release of energy.