

# life is why **Family Health Challenge™**

## Ants on A Log by Devin Alexander



Serves 4

This recipe is a twist on the traditional snack favorite, Ants on a Log.

If you can't find prepared hummus with black olives in the refrigerated section of your grocery store, just use 1 cup of original flavored hummus and mix in 4 chopped or sliced kalamata olives.

It will add only about 5 milligrams of sodium and 2 calories.

### Ingredients

- ☐ 4 medium (8") celery stalks
- ☐ 1 cup prepared hummus with black olives
- ☐ 4 pit removed kalamata olives, chopped

## Directions

1. Place the celery sticks side by side on a plate. Spread 1 tablespoon of the hummus evenly into each piece of celery.
2. Top each with one-fourth of the olives. Cut the celery sticks in half and serve.

## Nutritional Info

Nutrition Facts	
Calories per serving	43
Total Fat	2 g
Saturated Fat	trace
Trans Fat	0.0 g
Cholesterol	0 mg
Sodium	209 mg
Carbohydrates	5 g
Fiber	2 g
Protein	<1 g

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