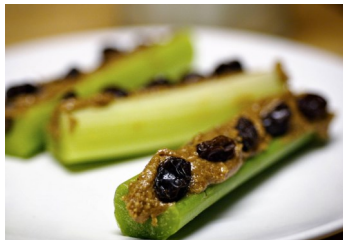


**WHY
ACT
NOW**

CELERY TRACKS



Ingredients

- 1 large celery stalk
- 1 tablespoon natural peanut or almond butter
- 1 small package raisins or dried cranberries

Directions

Wash celery stalk, pat dry, cut in half or thirds. Spread nut butter into groove, top with raisins or cranberries. *Makes 1 serving.*

Nutrition Facts

Serving Size 1	
Amount Per Serving	
Calories 227	Calories from Fat 70
% Daily Values*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Sodium 57mg	2%
Total Carbohydrate 38g	13%
Dietary Fiber 4g	16%
Sugars 27g	
Protein 5g	10%
*Percent Daily Values are based on a 2,000 calorie diet.	

Celery is great for your digestive system and peanut butter is packed with nutrients, healthy fats, protein and fiber!