

CELERY BOAT

- * Clean and dry celery
- * Cut celery to desired length
- * Spread natural peanut, almond or cashew butter on celery
- * Top with whole almonds and/or raisins

You can also substitute the celery for an apple.

- * Clean and dry apple
- * Scoop out middle of apple
- * Fill with natural butter of choice
- * Top with whole almonds and/or raisins

