



## NUTRITION PER SERVING:

<b>CALORIES</b>	35
<b>PROTEIN</b>	2 G
<b>CARBOHYDRATE</b>	3 G
<b>TOTAL FAT</b>	2 G

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<b>PREP TIME:</b>	10 MINUTES
<b>COOK TIME:</b>	NONE

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<b>YIELD:</b>	6 SERVINGS
<b>SERVING SIZE:</b>	2 TBSP OF MOUSSE WITH 1 CELERY STICK (5 PIECES)

## INGREDIENTS:

<b>¼ C</b>	LOW-FAT WHIPPED CREAM CHEESE
<b>¼ C</b>	FAT-FREE PLAIN YOGURT
<b>2 TBSP</b>	SCALLIONS (GREEN ONIONS), RINSED AND CHOPPED
<b>1 TBSP</b>	LEMON JUICE
<b>½ TSP</b>	GROUND BLACK PEPPER
<b>6</b>	CELERY STICKS, RINSED, WITH ENDS CUT OFF
<b>1 TBSP</b>	CHOPPED WALNUTS

## CELERY WITH CREAM CHEESE MOUSSE

THIS DELICIOUS AND LIGHT SNACK WILL PLEASE THE YOUNG . . . AND YOUNG AT HEART

- 01** Combine cream cheese, yogurt, scallions, lemon juice, and pepper. Mix well with a wooden spoon.
- 02** Spread mixture evenly down the middle of each celery stick.
- 03** Cut each stick into 5 pieces. Top with chopped walnuts, and serve.

✓ Younger children can help mix the "mousse." Older children can make the recipe themselves.

