



NUTRITION PER SERVING:

CALORIES	35
PROTEIN	2 G
CARBOHYDRATE	3 G
TOTAL FAT	2 G

PREP TIME:	10 MINUTES
COOK TIME:	NONE

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

INGREDIENTS:

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

