

Fresh for Kids®

Celery & ricotta subs



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Preparation: about 10 minutes

Serves: 2 as a snack

2 sticks celery, trimmed
1/3 cup low fat ricotta cheese
2 tsp honey
2 tbs sultanas

1. Cut celery sticks into 10cm pieces. Set aside.
2. Combine ricotta and honey in a small bowl. Beat until smooth. Spread ricotta mixture onto celery sticks. Sprinkle with sultanas and serve.

Other great fillings for celery sticks:

A spread of vegemite
Sliced reduced fat tasty cheese
Vegemite with reduced fat cream cheese
Peanut butter
Reduced fat dips like hummus

For fresh fruit and vegetable recipes visit
www.freshforkids.com.au.

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