

▶ ALMOND BUTTER CELERY POPS ▶

After-school snacking can be tricky, but fueling your body after a long day doesn't have to be hard. In fact, making a healthy snack after school is a great form of self-care. Try these celery pops for a fun, healthy treat when you get home from school!

ALL YOU NEED:

- 10 Hy-Vee Short Cuts seedless red grapes
- 5 tbsp. almond butter
- 10 tbsp. dried fruit and/or nuts, such as dried cranberries, raisins, chopped pistachios, or chopped trail mix
- 5 stalks Hy-Vee Short Cuts celery sticks



ALL YOU DO:

1. Cut celery in half lengthwise to form thin sticks.
2. Spread seedless red grapes with 1/2 tablespoon almond butter and coat with your favorite dried fruit and nuts (such as dried cranberries, raisins, chopped pistachios, or chopped trail mix).
3. Insert sticks into coated seedless grapes to form a celery pop.

NUTRITION FACTS PER SERVING: SERVING SIZE: 10

Serving size: 1 stick, 80 calories per serving, 4.5g fat, Total Carbohydrates: 8g, Sodium: 25mg, Total Sugar: 6g, Protein: 2g