Michele Sodon

CELERY WITH CREAM CHEESE MOUSSE

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

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

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.

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