

Stuffed Celery Sticks

Ingredients:

- 4 oz. Neufchatel cream cheese
- ¼ cup low-fat vanilla yogurt
- ½ cup water-packed crushed pineapple, well drained
- ½ cup grated or shredded carrot
- 2 Tbsp thinly sliced green onion tops
- 27- 5-inch-long celery stick

Directions:

1. In a small bowl, stir together the Neufchatel cheese and yogurt until well combined.
2. Stir in the pineapple, carrot, and onion until well combined.
3. Fill each celery stick with 2 tsp of the mixture. The mixture can be used immediately or covered and refrigerated for up to 24 hours before using. The filling will keep covered in the refrigerator for up to 3-4 days.

For Our Program:

Nutrition Information:

Serving Size = 1 filled celery stick

Carbohydrates per serving = 1g