

# Fitness Aspects

For the Body & Mind

## NUTRITION PER SERVING:

|                     |     |
|---------------------|-----|
| <b>CALORIES</b>     | 35  |
| <b>PROTEIN</b>      | 2 G |
| <b>CARBOHYDRATE</b> | 3 G |
| <b>TOTAL FAT</b>    | 2 G |

|                   |            |
|-------------------|------------|
| <b>PREP TIME:</b> | 10 MINUTES |
| <b>COOK TIME:</b> | NONE       |

|                      |  |
|----------------------|--|
| <b>YIELD:</b>        | 6 SERVINGS   |
| <b>SERVING SIZE:</b> | 2 TBSP OF MOUSSE<br>WITH 1 CELERY STICK (5 PIECES) |

## INGREDIENTS:

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

