

Busy Hare's Bear Tracks

18 pieces

Ingredients:

- 4 ounces fat free cream cheese, softened
- 3 tablespoons salsa
- 4 celery ribs, cleaned and trimmed
- ¼ cup frozen corn kernels, thawed
- 1 carrot, peeled and finely shredded

Directions:

1. Remember to wash hands thoroughly.
2. Combine cream cheese and salsa in small mixing bowl. Chill.
3. Wash and pat dry celery ribs. Cut into 3-inch pieces.
4. Fill celery pieces with cream cheese mixture.
5. Top with corn kernels and shredded carrot. Enjoy!

Nutrition Facts: One serving (2 pieces) provides 20 calories, 0mg total fat, 0mg cholesterol, 120mg sodium, 3g total carbohydrate, 30% Vitamin A

K-STATE
Research and Extension

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income.

It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.



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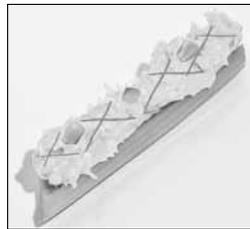
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