



## Almond Butter Celery Bar

### Potential Health Benefits

Reduce Bloating. Weight Loss. Liver Health. Lower Blood Pressure & Cholesterol. Anti-Inflammation.

#### Ingredients :

4 celery stalks  
1/4 cup almond butter  
2 tbsp. raisins  
2 tbsp. almond slices  
2 tbsp. pumpkin seeds

#### Directions :

1. In a bowl, add the almond butter and raisins, and mix well.
2. With a small spoon, fill the center of each stalk of celery with the almond butter mixture. Add almond slices and pumpkin seeds on top.
3. Keep in a container and refrigerate until ready to serve.

♥ *Celery is 95% water. One stalk of celery contains only about 10 calories. If you're trying to lose weight and struggling with always feeling hungry, try eating more celery.*