

Makes 20

## Ingredients

- 6 stalks of celery
- 250g reduced fat smooth cottage cheese
- 1 x 40g packet sultanas

## Method

1. Wash and cut each celery stalk into 4 equal pieces.
2. Using a teaspoon, fill the centre of the celery stalks with cottage cheese.
3. Top each piece with 3 sultanas.



NUTRITION INFORMATION		
Servings per recipe: 20		
Average serving size: 44.5g		
	Per serve	Per 100g
Kilojoules (kJ)	90	203
Protein (g)	1.5	3.3
Total fat (g)	0.3	0.7
- Saturated fat (g)	0.2	0.4
Carbohydrates (g)	3.0	6.7
- Sugars (g)	2.4	5.4
Fibre (g)	0.5	1.2
Sodium (mg)	67	151

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines.