

Celery Peanut Spread

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A simple peanut spread that goes perfectly on sliced french bread or crisp water crackers. Natural peanut butter, zesty lemon juice, and minced celery are combined together into a creamy spread; the crunchy flavorful celery makes this simple spread an instantly exciting way to liven up any meal. You will enjoy this healthy and hearty dip no matter how or when you serve it.

Ingredients:

½ c. natural peanut butter
1 Tbsp fresh lemon juice
2 tsp tamari sauce
1 clove garlic, minced
2 Tbsp water
1 c. celery, minced

Directions:

1. In small bowl combine peanut butter, lemon juice, tamari sauce, garlic and water, Whisk until smooth and completely combined.
2. Add celery, and stir until completely combined. Chill for 1-2 hours and serve on sliced bread or crackers.

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