

Celery with Peanut Butter

Serves: 1

Ingredients:

- 1 large stalk of Celery
- 1 Tablespoon Natural Peanut Butter

Equipment Needed:

- Butter Knife
- Knife
- Cutting Board

Directions:

Using a butter knife, spread the peanut butter into the canal of the celery stalk.



A Pound of Cure
Dr. Matthew Weiner