

# Celery with Apricot Blue Cheese Spread

From the United States Department of Agriculture

<https://whatscooking.fns.usda.gov/recipes/myplate-cnpp/celery-apricot-blue-cheese-spread>

## Ingredients

- 2 tablespoons crumbled blue cheese
- 3 tablespoons fat-free cream cheese
- ½ cup fat-free yogurt (plain)
- 4 dried apricots
- 4 dried figs or dates
- ¼ cup pecans
- 8 stalks celery

## Instructions

1. Chop dried fruit and pecans.
2. Mix blue cheese, cream cheese, and yogurt with a fork or hand mixer until smooth.
3. Stir in chopped, dried fruit and pecans. Refrigerate spread until ready for use.
4. Slice celery stalks into 3-4 inch sticks.
5. Fill celery pieces with spread.

**Makes 4 servings**

**Serving size: ¼ of recipe**

## Nutrition information per serving

Calories: 140	Dietary Fiber: 3 g
Total Fat: 6 g	Sodium: 220 mg
Saturated Fat: 2 g	Protein: 6 g
Cholesterol: 5 mg	Carbohydrates: 16 g