

# Stuffed Celery with Whipped Cream Cheese and Everything but the Bagel Seasoning

This easy and quick snack is delicious and perfect when you want something with a delightful crunch. Not only is it healthy and easy, but it's gluten free, low carb, vegetarian and keto. Make it vegan by substituting vegan cream cheese.

**Prep time: 5 minutes**

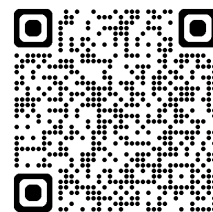
## Ingredients:

- 8 celery sticks
- 1/2 cup whipped cream cheese
- 1 tbs Everything But the Bagel Seasoning



## Directions:

1. Wash the celery and pat it dry with paper towels. Cut each celery stick into thirds.
2. Spread a layer of whipped cream cheese on top of the celery.
3. Sprinkle everything but the bagel seasoning on top of the cream cheese.



Lora's Cooking in the Kitchen Video

Source: <https://wholelottayum.com/stuffed-celery-with-cream-cheese/#recipe>

NUTRITION PER SERVING: Serving Size 1g / Calories 93 / Protein 2g / Carbohydrate 2g / Dietary Fiber 1g / Sugar 3g Total Fat 7g / Sodium 241mg