

Wednesday Lunch Menu

Get over the hump with this easy but delicious lunch. Sometimes I will place carob chips, chocolate chips or raisins on top of the celery and nut butters. With peanut butters I always go organic, because peanuts are grown in the ground -- not high up in trees like almond or cashew butter.

- Whole grain bagel with organic cream cheese
- Sliced strawberries drizzled with agave nectar or raw sugar
- Celery sticks with almond, sesame, sunflower or organic peanut butter

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