



Buffalo Chicken Stix



Nutrition facts per serving



100 calories	2g carb	1g total fat	12g protein	94 mg sodium	0.6 gm Fiber
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Ingredients:

2 cups
Shredded
Chicken

1/4 cup Low-Fat
Plain Greek
Yogurt

1/2 tsp garlic
powder

1/4 tsp salt

1/4 tsp ground
black pepper

3 Tbsp buffalo
wing sauce

6 celery stalks
cut in half (12
total)

Servings Made: 12 Serving Size: 2

Instructions:

- Place 12 celery sticks on a tray and set aside.
- In a medium bowl, mix the rest of the Ingredients together
- Fill each celery stalk with the chicken filling & serve!