



## August 2- Peanut Butter 'N Fruit-wich

Not Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/peanut-butter-n-fruit-wich>

### Recipe

*Ingredients:*

- 1 slice whole wheat bread
- 2 Tablespoons reduced fat peanut butter
- ¼ apple or banana
- 2 Tablespoons carrot (optional)

*Directions:*

1. Spread 2 Tablespoons peanut butter on bread.
2. Place fruit slices on top.
3. Optional: top with grated carrot.

Yield 1 serving

### Nutrition Facts

Serving Size 1 item (151g)  
Servings Per Container 1

**Amount Per Serving**

**Calories** 300    **Calories from Fat** 120

**% Daily Value\***

**Total Fat** 13g    **20%**

**Saturated Fat** 2.5g    **14%**

**Trans Fat** 0g

**Cholesterol** 0mg    **0%**

**Sodium** 340mg    **14%**

**Total Carbohydrate** 36g    **12%**

**Dietary Fiber** 7g    **27%**

**Sugars** 15g

**Protein** 10g    **21%**

Vitamin A 0%    •    Vitamin C 6%

Calcium 6%    •    Iron 8%

\* Percent Daily Values are based on a 2,000 calorie diet.