



December 1- Apple Smiles – Happy Eat a Red Apple Day!!

Smart Snack

Link: <http://www.kidsacookin.org/snacks/Apple-Smiles.pdf>

Recipe

Ingredients:

- 1 medium red apple, cored and sliced
- 3-4 tablespoons peanut butter
- 32 miniature marshmallows

Directions:

1. Wash, core and cut apple in half. Cut each half into 8 slices.
2. Spread peanut butter on one side of each apple slice.
3. Place 3 or 4 mini-marshmallows on top of peanut butter on one apple slice. Top with another and press together to make one “smile”.
4. Continue assembling remaining apple slices.

Yield 8 servings

Nutrition Facts

Serving Size 1 smile (37.75g)
Servings Per Container 8

Amount Per Serving

Calories 80 Calories from Fat 20

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 50mg **2%**

Total Carbohydrate 13g **4%**

Dietary Fiber 1g **4%**

Sugars 8g

Protein 2g **3%**

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

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