



December 2- Pear Rabbit

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/pear-rabbit>

Recipe

Ingredients

- 3 canned pear halves
- 1 raisin

Directions:

1. Wash hands; get out ingredients and utensils.
2. Place 2 pear halves, flat side down, on a small plate to make the body.
3. Use butter knife to cut a tail, ears and feet from another pear half. Add each part to the body.
4. Use butter knife to cut one raisin in half and place on small end for eyes.
5. Enjoy your pear rabbit.

Yield 1 serving

Nutrition Facts	
Serving Size 1 item (228.52g)	
Servings Per Container 1	
Amount Per Serving	
Calories 120	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i>	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 30g	10%
Dietary Fiber 4g	15%
Sugars 22g	
Protein <1g	2%
Vitamin A 0%	Vitamin C 6%
Calcium 2%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet.	