



December 3- Pear PBJ Bouquet

Smart Snack

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

Recipe

Ingredients

- 1 pear
- 8 teaspoons peanut butter
- 4 teaspoons strawberry preserves
- 8 slices whole grain wheat bread

Directions:

1. Use a flower-shaped cookie cutter to cut each slice of bread. If bread sticks to cutter, gently push the petals out with your fingers.
2. Wash the pear and dry it with a paper towel. Cut the pear in half, and remove the core. Cut each pear half into four slices, then cut each slice into five pieces. You will only use the center three pieces of each slice, so go ahead and eat the end pieces.
3. Spread 1 teaspoon of peanut butter in a circle in the center of each of the flowers. Place 3 pieces of pear on the peanut butter on each flower. Arrange the pears so the skin is facing out and the white centers are touching in the middle.
4. Drizzle ½ teaspoon of strawberry preserves in the center of each flower and over the pears.

Yield 8 servings

Nutrition Facts	
Serving Size 1 slice (75.58g)	
Servings Per Container 8	
Amount Per Serving	
Calories 180	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0.5g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 30g	10%
Dietary Fiber 4g	15%
Sugars 5g	
Protein 5g	11%
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%

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