



December 5- Turtle Apple

Smart Snack

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

Recipe

Ingredients:

- 1 apple, small or medium
- 1 can mandarin oranges, drained

Directions:

1. Wash hands; get out ingredients and utensils.
2. Wash apple. Cut in half (see notes).
3. Place apple half in center of small plate.
4. Put mandarin oranges next to apple for arms, legs, and head.
5. Enjoy your Turtle Apple.

Yield 1 serving

Nutrition Facts

Serving Size 1 item (431g)
Servings Per Container 1

Amount Per Serving

Calories 210 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **1%**

Saturated Fat 0g **0%**

Trans Fat

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 49g **16%**

Dietary Fiber 6g **24%**

Sugars 41g

Protein 2g **4%**

Vitamin A 45% • Vitamin C 160%

Calcium 4% • Iron 4%

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