



February 14- Grapes and Grahams

Smart Snack

Link: <http://www.grapesfromcalifornia.com/recipes/recipe.php?id=138>

Recipe

Ingredients:

- 1 tablespoon light cream cheese
- 2 graham cracker squares
- ¼ cup halved grapes

Directions:

1. Wash hands with warm, soapy water.
2. Spread cream cheese on each graham cracker and top with grapes.

Yield 1 serving

Nutrition Facts

Serving Size 2 graham cracker squares (66.75g)
Servings Per Container 1

Amount Per Serving

Calories 120 **Calories from Fat** 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 1.5g **8%**

Trans Fat

Cholesterol 10mg **3%**

Sodium 140mg **6%**

Total Carbohydrate 19g **6%**

Dietary Fiber <1g **3%**

Sugars 11g

Protein 2g **5%**

Vitamin A 0% • Vitamin C 2%

Calcium 2% • Iron 4%

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