



February 28- Eagle Nest

Smart Snack

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

Recipe

Ingredients:

- 2 canned peach halves
- 2 Tablespoons cottage cheese, low fat (1 ounce)
- 6 raisins

Directions:

1. Wash hands; get out ingredients and utensils.
2. Place one peach half, cut side up, in center of plate for nest.
3. Place 1 Tablespoon of cottage cheese in center of nest.
4. Place raisins on cottage cheese to make eggs.
5. Enjoy your Eagle Nest.

Yield 1 serving

Nutrition Facts

Serving Size 2 eagle nests (227.37g)
Servings Per Container 1

Amount Per Serving

Calories 130 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **1%**

Saturated Fat 0g **1%**

Trans Fat

Cholesterol 0mg **0%**

Sodium 125mg **5%**

Total Carbohydrate 26g **9%**

Dietary Fiber 3g **11%**

Sugars 23g

Protein 5g **10%**

Vitamin A 15% • Vitamin C 10%

Calcium 4% • Iron 4%

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