



July 16- Avocado Veggie Crackers

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=16697>

Recipe

Ingredients:

- 6 Rye crackers
- 1 medium carrot, grated
- 1 Tablespoon light mayonnaise
- 1 medium avocado
- 1 medium tomato
- Salt and pepper to taste

Directions:

1. Mix the grated carrot together with the mayonnaise.
2. Chop the avocado into cubes and add to mixture.
Add pepper into mixture and spread onto crackers.
3. Slice tomato into 6 slices for the top of each cracker.

Yield 6 servings

Nutrition Facts

Serving Size 1 cracker (88.83g)
Servings Per Container 6

Amount Per Serving

Calories 100 **Calories from Fat** 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1g **6%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 70mg **3%**

Total Carbohydrate 10g **3%**

Dietary Fiber 4g **15%**

Sugars 2g

Protein 2g **4%**

Vitamin A 40% • Vitamin C 20%

Calcium 0% • Iron 0%

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