



July 19- Hiding Rabbits

Smart Snack

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

Recipe

Ingredients:

- 2 celery stalks
- 2 small cauliflower florets
- 2 Tablespoons peanut butter

Directions:

1. Wash hands; get out ingredients and utensils.
2. Wash ingredients.
3. Place on piece of celery in center of place with the center facing up.
4. Use butter knife to spread peanut butter on top edges.
5. Place second piece of celery on top, forming a log.
6. Place cauliflower florets on ends of log, securing with remaining peanut butter.
7. Enjoy your Hiding Rabbits.

Yield 2 servings

Nutrition Facts

Serving Size 1 rabbit (78.75g)
Servings Per Container 2

Amount Per Serving

Calories 110 **Calories from Fat** 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1.5g **6%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **6%**

Total Carbohydrate 9g **3%**

Dietary Fiber 2g **10%**

Sugars 3g

Protein 4g **8%**

Vitamin A 4% • Vitamin C 10%

Calcium 2% • Iron 2%

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