



June 25- Butterfly Bite

Smart Snack

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

Recipe

Ingredients:

- 3 celery stalks
- 12 twist pretzels
- 6 Tablespoons creamy peanut butter
- 3 Tablespoons raisins

Directions:

1. Wash hands and cooking area.
2. Clean celery with vegetable brush under cool running water.
3. Cut celery in half cross wise.
4. Fill center of each celery stick with one tablespoon of peanut butter. This is the body of the butterfly
5. Add two pretzels to form the butterfly's wings.
6. Use extra pretzel pieces for antenna and raisins for decoration.

Yield 6 servings

Nutrition Facts

Serving Size 1 bite (45.32g)
Servings Per Container 6

Amount Per Serving

Calories 130 **Calories from Fat** 60

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1.5g **6%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 13g **4%**

Dietary Fiber 2g **8%**

Sugars 5g

Protein 4g **8%**

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 4%

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