



**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

<b>Nutrition Facts</b>	
Serving Size 1 bite (45.32g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 130	Calories from Fat 60
% Daily Value*	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 1.5g	6%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 2g	8%
Sugars 5g	
<b>Protein</b> 4g	<b>8%</b>
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet.	