



## March 13- Graham Cracker Smackers

Smart Snack

Link: <http://www.extension.iastate.edu/foodsavings/recipes/graham-cracker-smackers>

### Recipe

*Ingredients:*

- 1-2 pieces of fruit, sliced thinly (bananas, peaches, pears)
- 2 Tablespoons peanut butter
- 4 graham crackers, broken into 8 squares

*Directions:*

1. Wash fruit. Cut into thin slices.
2. Spread peanut butter in a thin layer on each graham cracker square.
3. Top four of the squares with slices of fruit. Put another graham cracker square (with peanut butter facing inside) on top.

Yield 4 servings

### Nutrition Facts

Serving Size 1 cracker sandwich  
(44.5g)  
Servings Per Container 4

#### Amount Per Serving

**Calories** 110      **Calories from Fat** 45

**% Daily Value\***

**Total Fat** 5g      **8%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 65mg      **3%**

**Total Carbohydrate** 14g      **5%**

Dietary Fiber 1g      **6%**

Sugars 6g

**Protein** 3g      **5%**

Vitamin A 0%      •      Vitamin C 4%

Calcium 0%      •      Iron 2%

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