



March 9- Fruit Snake

Smart Snack

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

Recipe

Ingredients:

2 bananas (small)

4 raisins

Directions:

1. Peel banana and use butter knife to cut banana in half lengthwise.
2. Place 2 banana halves on small plate end to end, in an "s" shape.
3. Add raisins to the top of banana as eyes.
4. Enjoy your Fruit Snake.

Yield 2 servings

Nutrition Facts

Serving Size 1 snake (119.04g)

Servings Per Container 2

Amount Per Serving

Calories 120 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **1%**

Saturated Fat 0g **1%**

Trans Fat

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 28g **9%**

Dietary Fiber 3g **12%**

Sugars 15g

Protein 1g **3%**

Vitamin A 0% • Vitamin C 15%

Calcium 0% • Iron 0%

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