



## May 29- Giant Germs

Not Smart Snack

Link: <http://www.kidsacookin.org/easy-recipes/easy-recipe-cards/Giant-Germs-recipe-cards.pdf>

### Recipe

*Ingredients:*

- 2 Ritz crackers
- 1 Tablespoon peanut butter
- 5-10 small pretzel sticks
- 2 raisins or olive slices

*Directions:*

1. Spread peanut butter on one cracker and make a sandwich.
2. Insert pretzels sticks for legs.
3. With a dab of filling, set raisin eyes on cracker.

Yield 1 serving

Nutrition Facts	
Serving Size 1 serving (28.3g)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 150	Calories from Fat 70
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 1.5g	7%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 1g	4%
Sugars 3g	
<b>Protein</b> 5g	<b>11%</b>
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet.	