



## 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. |                      |