



November 29- Pears in a Pod

Smart Snack

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

Recipe

Ingredients:

- 4 celery stalks (cleaned and cut into 3" long pieces)
- ½ cup creamy peanut butter
- 2 pears (cored and cut into chunks)

Directions:

1. Spread the peanut butter into the center of the celery pieces.
2. Place the pear chunks on top of the peanut butter.
3. Serve on a plate and enjoy with your friends.

Yields 4 servings

Nutrition Facts	
Serving Size 1 pod (159g)	
Servings Per Container 4	
Amount Per Serving	
Calories 260	Calories from Fat 110
% Daily Value*	
Total Fat 12g	19%
Saturated Fat 2g	11%
<i>Trans Fat</i>	
Cholesterol 0mg	0%
Sodium 230mg	9%
Total Carbohydrate 27g	9%
Dietary Fiber 5g	20%
Sugars 12g	
Protein 10g	20%
Vitamin A 4%	Vitamin C 8%
Calcium 4%	Iron 6%
<small>* Percent Daily Values are based on a 2,000 calorie diet.</small>	