



## October 12- Food Group Funny Face

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/food-group-funny-face>

### Recipe

*Ingredients:*

- 1 Tablespoon reduced fat peanut butter
- 1 graham cracker
- 1 Tablespoon shredded cheddar cheese
- 3 raisins
- 2 peas (large green)
- 1 grape (cut in half)

*Directions:*

1. Spread peanut butter on cracker in shape of a face.
2. Sprinkle grated cheese at top for hair.
3. Place raisins on cracker for mouth.
4. Use peas for eyes and ½ grape for nose.

Yield 1 serving

### Nutrition Facts

Serving Size 1 item (37.08g)  
Servings Per Container 1

**Amount Per Serving**

**Calories** 160      **Calories from Fat** 80

**% Daily Value\***

**Total Fat** 9g      **14%**

Saturated Fat 3g      **14%**

Trans Fat 0g

**Cholesterol** 5mg      **2%**

**Sodium** 190mg      **8%**

**Total Carbohydrate** 13g      **4%**

Dietary Fiber 2g      **7%**

Sugars 5g

**Protein** 6g      **12%**

Vitamin A 0%      •      Vitamin C 0%

Calcium 6%      •      Iron 4%

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