



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.