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.