



## October 31- Ghost

Not Smart Snack

Link: <http://www.kraftrecipes.com/recipes/ghost-95096.aspx>

### **Recipe**

*Ingredients:*

- 1 Tablespoon low-fat cream cheese
- 3 whole grain crackers
- 3 raisins, cut in half

*Directions:*

1. Spread 1 teaspoon cream cheese in ghost shape on top of each cracker.
2. Add raisin piece for each eye.

Yield 1 serving

<b>Nutrition Facts</b>	
Serving Size 3 pieces (26.46g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 80	Calories from Fat 40
% Daily Value*	
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 0g	<b>1%</b>
Sugars 3g	
<b>Protein</b> 2g	<b>4%</b>
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet.	