

Fruit Rice Cakes

Ingredients:

- 6 rice cakes
- 1 1/2 ounces low calorie cream cheese
- 1 cup fruit, your choice, fresh, chopped

Equipment:

- Cutting board
- Knife

Number of Servings: 6
 Preparation Time: 5 minutes
 Total time: 5 minutes

Directions

1. Spread cream cheese over rice cakes.
2. Top with your choice of fresh fruits such as apple, strawberry, banana, sliced grapes, oranges, etc.

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Nutrition Facts

Serving Size: 1 cake with 1/8 cup fruit
 Servings: 6

Amount Per Serving

Calories 51 Calories from Fat 9

%Daily Value*

Total Fat 1g			2%
Saturated Fat	1g	2%	
Cholesterol 0mg			0%
Potassium 38mg			1%
Sodium 79mg			3%
Total Carbohydrate 8g			3%
Dietary Fiber	trace g	1%	
Protein 1g			3%

Vitamin A	1%	Vitamin C	0%
Iron	1%	Calcium	1%

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

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.