

Food Group Funny Face

Ingredients:

- 1 teaspoon peanut butter
- 1 low-fat honey graham cracker, section
- 1 teaspoon low-fat cheddar cheese, shredded
- 1 teaspoon raisin, 3 for mouth
- 1 teaspoon green peas, 2 for eyes
- 1/2 teaspoon grapes, 1/2 grape for nose

Equipment:

- Plate
- Grater
- Measuring spoons
- Knife

Number of Servings: 1
 Prep Time: 5 minutes
 Total time: 5 minutes

Directions

1. Spread peanut butter on a cracker in the 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 1/2 grape for nose.

TIP: This snack is intended for children over age two. Do not serve to younger children who may choke.

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Nutrition Facts

Serving Size: 1 cracker and toppings			
Servings: 1			
Amount Per Serving			
Calories 76		Calories from Fat 27	
		%Daily Value*	
Total Fat 3g			5%
Saturated Fat 1g			4%
Cholesterol 00mg			0%
Potassium 69mg			2%
Sodium 88mg			4%
Total Carbohydrate 10g			3%
Dietary Fiber 1g			3%
Protein 3g			5%
Vitamin A 1%	Vitamin C 2%		
Iron 3%	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.