

## Apple Smiles

*A snack that keeps you grinning!*

8 servings

### Ingredients:

- 1 medium red apple, cored and sliced
- 3-4 tablespoons peanut butter
- 32 miniature marshmallows

### Directions:

1. Wash, core, and cut apple in half. Cut each half into 8 slices.
2. Spread peanut butter on one side of each apple slice.
3. Place 3 or 4 mini-marshmallows on top of peanut butter on one apple slice. Top with another and press together to make one “smile.”
4. Continue assembling remaining apple slices.

**Nutrition Facts:** One smile provides 50 calories, 3g total fat, 0mg cholesterol, 30mg sodium, 6g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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K-State Research and Extension  
Family Nutrition Program



www.kidsacookin.ksu.edu

### Chef's Choice

Apple Smiles  
Graham Crackers  
Low Fat Milk

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