

Food Group Funny Face

A snack with a personality!

1 serving

Ingredients:

- 1 tablespoon peanut butter
- 1 large cracker (graham cracker, saltine or whole grain)
- 1 tablespoon shredded cheddar cheese
- 3 or 4 raisins
- 2 large green peas
- 1 grape, cut in half

Directions:

1. Spread peanut butter on 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.

Nutrition Facts: One funny face provides 150 calories, 11g total fat, 5mg cholesterol, 140mg sodium, 8g 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
Food Group Funny Face
Low Fat Milk

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