

Giant Germs

Fun-filled cracker sandwiches!

1 serving

Ingredients:

- 2 round crackers
- 1 tablespoon peanut butter
- 5 to 10 small pretzel sticks
- 2 raisins or olive slices

Directions:

1. Spread peanut butter on one cracker and make a sandwich.
2. Insert pretzel sticks for legs.
3. With a dab of filling, set raisin eyes on cracker.

Nutrition Facts: One germ provides 150 calories, 10g total fat, 0mg cholesterol, 220mg sodium, 11g 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.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Giant Germ
Low fat milk

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