



THE RICE OWL

PREP TIME: 3 minutes

SERVING SIZE: 1 rice cake

COOK TIME: 0 minutes

SERVES: 1

INGREDIENTS

- 1 rice cake
- 1 tablespoon peanut butter
- 2 slices of apple
- 1 strawberry, cut into a triangle
- 2 blueberries
- 2 slices of banana
- 6 cheerios

PREPARATION

1. Spread the peanut butter on the rice cake.
2. Place the apple slices on either side as the owl's "wings."
3. Put the strawberry in the center as the owl's "beak."
4. Place the blueberries on top on the banana slices to make the owl's "eyes."
5. Place the cheerios under the owl's "beak" and between the "wings" as "feathers."
6. Enjoy!



Nutrition Facts

1 servings per container	
Serving size	1 (123g)
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 27g	10%
Dietary Fiber 3g	11%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 1mg	6%
Potassium 316mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SOURCE

<https://www.zenmodeon.com/rice-cake-animals-healthy-snacks-kids-will-love-eat/>

Recipe modified by CHOICES Nutrition Education Program



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PASTELITO DE BUHO

TIEMPO DE PREPARACIÓN: 3 minutos

TIEMPO PARA COCINAR: 0 minutos

TAMAÑO DE PORCIÓN: 1 pastelito de arroz

PORCIONES: 1

INGREDIENTES

- 1 pastel de arroz de 4-pulgadas
- 1 cucharada mantequilla de cacahuete reducida de grasa
- 2 rebanadas de manzana
- 1 fresa, cortada en triangulo
- 2 arándanos
- 2 rebanadas de plátano
- 6 cheerios



PREPARACIÓN

1. Coloque el pastelito sobre un plato. Esparcir la mantequilla de cacahuete lisamente sobre el pastelito.
2. Colocar las rebanadas de manzanas a los lados para hacer las “alas”.
3. Poner la fresa a la mitad del búho en forma de “pico”.
4. Colocar los arándanos arriba de las bananas para hacer los “ojos” del búho.
5. Poner los cheerios en medio de las alas para formas las “plumas” debajo del pico.
6. ¡Disfrutar!

FUENTE

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