



THE RICE CAT

PREP TIME: 3 minutes

SERVING SIZE: 1 rice cake

COOK TIME: 0 minutes

SERVES: 1

INGREDIENTS

- 1 rice cake
- 1 tablespoon peanut butter
- 1 strawberry, cut in half lengthwise
- 1 raisin
- 2 slices of banana
- 1 pinch of coconut flakes
- 2 blueberries

PREPARATION

1. Spread the peanut butter on the rice cake.
2. Place the strawberries as “ears.”
3. Put the raisin in the middle as the “nose.”
4. Place the banana slices under the “nose” to make “cheeks.”
5. Lay the coconut flakes to make “whiskers.”
6. Place the blueberries as “eyes.”
7. Enjoy!

SOURCE

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

Recipe modified by CHOICES Nutrition Education Program



Nutrition Facts

1 servings per container	
Serving size	1 (76g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 1mg	6%
Potassium 262mg	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.



This institution is an equal opportunity provider. Rev 4/18
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PASTELITO EN FORMA DE GATO

TIEMPO DE PREPARACIÓN: 3 minutos

TAMAÑO DE PORCIÓN: 1 blanket

TIEMPO PARA COCINAR: 0 minutos

PORCIONES: 1

INGREDIENTES

- 1 pastel de arroz de 4-pulgadas
- 1 cucharada mantequilla de cacahuete reducida de grasa
- 1 fresa, cortada a la mitad
- 1 pasa
- 2 rebanadas de platano
- 1 pizca de coco rebanado
- 2 arándanos

PREPARACIÓN

1. Esparcir la mantequilla de cacahuete
2. Coloque las fresas en forma de “orejas.”
3. Coloque las pasa en la mitad en forma de “nariz”
4. Coloque las rebanadas debajo de la “nariz” para que sean los “cachetes”
5. Use la pizca de coco rebanado para hacer los “bigotes.”
6. Use los arándanos para formar los “ojos.”
7. ¡Disfrutar!

FUENTE

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