



KIWI RICE CAKE TEDDY BEAR SNACKS

PREP TIME: 5 minutes

SERVING SIZE: 1

COOK TIME: 0 minutes

SERVES: 1

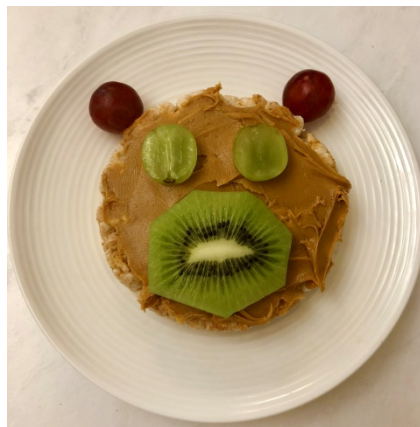
INGREDIENTS

- 1 4-inch rice cake
- 1 ¼-inch kiwi slice
- 3 grapes
- 1 tablespoon of peanut butter

- 1 toothpick

PREPARATION

1. Spread 1 tablespoon of peanut butter on the rice cake.
2. Mount grapes as “ears” with wooden toothpick halves.
3. Place the grape halves for “eyes”.
4. Place kiwi slice for the “snout”.
5. Enjoy!



Nutrition Facts

1 servings per container
Serving size 1 rice cake (64g)

Amount per serving

Calories 160

% Daily Value*

Total Fat 9g 12%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 100mg 4%

Total Carbohydrate 17g 6%

Dietary Fiber 2g 7%

Total Sugars 6g

Includes 1g Added Sugars 2%

Protein 5g

Vitamin D 0mcg 0%

Calcium 18mg 2%

Iron 1mg 6%

Potassium 202mg 4%

*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

Lana's Fruit and Vegetable Snack Recipes

Recipe modified by CHOICES Nutrition Education Program

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www.centraltexasfoodbank.org/recipes



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APERITIVO DE KIWI Y PASTEL DE ARROZ

TIEMPO DE PREPARACIÓN: 5 minutos

TAMAÑO DE PORCIÓN: 1

TIEMPO PARA COCINAR: 0 minutos

PORCIONES: 1

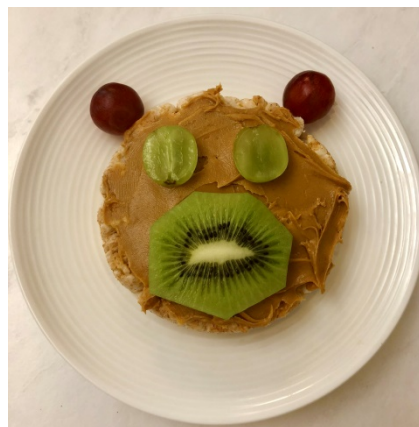
INGREDIENTES

- 1 pastel de arroz de 4-pulgadas
- 1 rebanada de kiwi ¼-pulgada
- 3 uvas
- 1 cucharada de crema de cacahuete

- 1 palillo

PREPARACIÓN

1. Extender 1 cucharada de crema de cacahuete sobre el pastel de arroz.
2. Monte las uvas como "orejas" con el palillo en mitad.
3. Coloque las mitades de uva para los "ojos".
4. Coloque la rebanada de kiwi para el "nariz".
5. ¡Disfrutar!



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FUENTE

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Receta modificada por CHOICES Programa Educativo de Nutrición

¿Necesita ideas para platillos? ¡Visite nuestro catálogo de recetas!

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