Recipe card instructions:
For best results, print two-sided cards on heavyweight paper, such as card stock. Select the “flip on short edge” print setting to ensure the back side of the card isn’t upside down. Cut out each card along dashed lines.

Graham Cracker Treats
- ½ cup peanut butter
- 4 (5 × 2.5-inch) graham crackers, broken into 8 squares, or 8 (2.5-inch square) graham crackers
- 1 banana, peach, pear or other soft fruit, sliced thin

Spread a thin layer of peanut butter on each graham cracker square. Top four of the squares with fruit slices. Put another graham cracker square on top, with the peanut butter facing down. Makes 4 servings.

Source: University of Missouri Extension Family Nutrition Education Programs

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Graham Cracker Treats

Note:
• Use canned fruit instead of fresh if you wish. Drain well, and cut into thin slices.

Nutrition Facts
Serving Size: 1 square
Amount Per Serving
Calories: 230

% Daily Value*
Total Fat 17g 26%
Sodium 170mg 7%
Total Carbohydrate 16g 5%
Dietary Fiber 3g 12%
Protein 9g

Vitamin A 0%  Vitamin C 4%
Calcium 2%  Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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