



Graham Cracker Treats

Servings: 4

Rinse fresh fruits under running water.

1 banana, peach, pear or other soft fruit,
sliced thin

4 graham crackers, broken into 8 squares

$\frac{1}{3}$ cup peanut butter

1. Wash hands and surfaces.
2. Spread peanut butter in a thin layer on each graham cracker square.
3. Top four of the squares with slices of the fruit. Put another graham cracker square on top, with the peanut butter facing inside.
4. Refrigerate leftovers immediately.



Nutrition Facts

4 servings per container

Serving size 1 cracker sandwich (65g)

Amount per serving

Calories 210

% Daily Value*

Total Fat 12g 15%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 170mg 7%

Total Carbohydrate 22g 8%

Dietary Fiber 2g 7%

Total Sugars 9g

Includes 1g Added Sugars 2%

Protein 6g

Vitamin D 0mcg 0%

Calcium 22mg 2%

Iron 1mg 6%

Potassium 287mg 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.

Helpful Tips

- Substitute fresh fruit for canned. Drain well and cut into thin slices.
- Go online to find a farmers market at: seasonalandsimple.info or other Missouri local foods at: showmefood.org

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local resource center or go online to mydss.mo.gov/food-assistance