



## A Snack That Keeps You Grinning

### Apple Smiles

**Makes:** 8 servings

**Ingredients:**

1 medium red apple, cored and sliced

3-4 tablespoons peanut butter

32 miniature marshmallows

**Directions:**

1. Wash, core, and cut apple in half. Cut each half into 8 slices.
2. Spread peanut butter on one side of each apple slice.



3. Place 3 or 4 mini-marshmallows on top of peanut butter on one apple slice. Top with another and press together to make one "smile."
4. Continue assembling remaining apple slices.

**Nutrition Facts:**

One smile provides 60 calories, 20 calories from fat, 2.5 g Total Fat, 0.5 g. Saturated Fat, 0 g Trans Fat, 35 mg Sodium, 6 g Carbohydrate, 1 g Dietary Fiber, 4 g Sugar, 2 g Protein, 0% Calcium, 0% Iron

Recipe from *Kids-a-Cookin'*

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