



K-STATE
Research and Extension

Healthy Treats

Food Group Funny Face

Ingredients:

1 tablespoon
peanut butter
1 large cracker
(graham
cracker, saltine,
or whole grain)



1 tablespoon shredded cheddar cheese
3 or 4 raisins
2 large green peas
1 grape, cut in half

Directions:

1. Spread peanut butter on cracker in the shape of a face.
2. Sprinkle grated cheese at top for hair.
3. Place raisins on cracker for mouth.
4. Use peas for eyes and 1/2 grape for nose.

Nutrition Facts:

Serving size 1 funny face. Calories 160, calories from fat 100, total fat 11 g, Saturated Fat 3.5 g, trans fat 0 g, sodium 160 mg, carbohydrate 11 g, dietary fiber 1 g, sugars 5 g, protein 6 g, calcium 6%, Iron 4%

Recipe from *Kids-a-Cookin'*

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Newsletter developed by Tandalayo Kidd, PhD, RD, LPN, Associate Professor/Extension Specialist in Human Nutrition, Susie Bilderback, Extension Program Assistant, and Katie Hamm, former senior in Dietetics • Resources: <http://http://www.choosemyplate.gov/> • <http://www.kidsacookin.ksu.edu/>

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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