

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

Stock Healthy



Shop Healthy

UNIVERSITY OF MISSOURI EXTENSION

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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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