



Graham Cracker Treats

Servings: 4

Rinse fresh fruits under running water.

Ingredients:

- 1 banana, peach, pear or other soft fruit, sliced thin
- 4 graham crackers, broken into 8 squares
- ½ cup peanut butter

Directions:

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.



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Nutrition Facts

Amount Per Serving

Calories 230

Calories from Fat 150

% Daily Value*

Total Fat 17g **26%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 170mg **7%**

Total Carbohydrate 16g **5%**

Dietary Fiber 3g **12%**

Sugars 7g

Protein 9g

Vitamin A 0%

Vitamin C 4%

Calcium 2%

Iron 4%

Tips:

- Substitute fresh fruit for canned. Drain well and cut into thin slices.
- Go online to find a farmers market at: agebb.missouri.edu/fmktdir/index.htm or other Missouri local foods at: foodcircles.missouri.edu/sources.htm

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 food stamp office or go online to dss.mo.gov/fsd/fstamp/