



A Nutrition Resource

# Hiding Rabbits

**Yield: 1 Serving**

**Ingredients:**

- 2 celery stalks (each piece cut in half lengthwise)
- 4 small cauliflower florets (cut in half)
- 2 tablespoons peanut butter

**Directions:**

- 1) Place one piece of celery in center of plate with the center facing up.
- 2) Use a butter knife to spread peanut butter on top edges.
- 3) Place second piece of celery on top, forming a log. Cut log in half.
- 4) Repeat steps 1-3 with remaining 2 pieces of celery.
- 5) Place cauliflower florets on ends of each log, securing with remaining peanut butter.
- 6) Enjoy your Hiding Rabbits.



## Nutrition Facts

<b>Amount per</b>		
1 serving (7.6 oz)		216 g
<b>Calories</b> 126	<b>From Fat</b> 55	
<b>% Daily Value*</b>		
<b>Total Fat</b> 6.1g		9%
Saturated Fat 1.2g		6%
Trans Fat 0g		
<b>Cholesterol</b> 0mg		0%
<b>Sodium</b> 600mg		25%
<b>Total Carbohydrates</b> 14g		5%
Dietary Fiber 4g		15%
Sugars 9g		
<b>Protein</b> 4g		8%
<b>Vitamin A</b> 12% • <b>Vitamin C</b> 48%		
<b>Calcium</b> 7% • <b>Iron</b> 4%		

\* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

This material was provided from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/chapatis-flatbread>

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