



A Nutrition Resource

PEANUT BUTTER & RICE CAKES FACES

Yield: 2 Servings | Serving Size: 1 rice cake

Cost/Serving: \$0.39

Ingredients:

- 2 brown rice cakes
- 2 Tablespoons peanut butter
- 1 banana, sliced
- Raisins

Directions:

- 1) Spread 1 Tablespoon peanut butter on each rice cake.
- 2) Decorate with banana circles and raisins.

Tip: A great activity to do with your kids! Let them get creative with the addition of pretzels, berries, or coconut.

Nutrition Facts

2 servings per container
Serving size 1 rice cake (86g)

Amount per serving

Calories 180

% Daily Value*

Total Fat 7g 9%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 125mg 5%

Total Carbohydrate 27g 10%

Dietary Fiber 2g 7%

Total Sugars 9g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 1mg 6%

Potassium 358mg 8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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