



A Nutrition Resource



Snowmen on a Stick

Yield: 2 Servings | Serving Size: 2 snowmen

Cost/Serving: \$0.56

Ingredients:

- 1 banana, cut into 12 thick slices
- 4 grapes
- 1/4 apple, cut into 4 slices, then cut in half
- 4 carrot slivers
- 24 mini chocolate chips
- 8 pretzel sticks
- 4 bamboo skewers

Directions:

- 1) For each snowman, you will need 3 thick slices of banana, a grape, a sliver of carrot, and a triangular piece of apple.
- 2) Let kids slide the fruit onto the skewers. Then use the carrot slices for the noses, the mini chocolate chips for the eyes and buttons, and the pretzel sticks for the arms.

Adapted from kidfocused.com/make-a-healthy-snack-like-snowmen-on-a-stick

Nutrition Facts

2 servings per container
Serving size **2 snowmen (100g)**

Amount per serving
Calories 100

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 24g	9%
Dietary Fiber 2g	7%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0mg	0%
Potassium 259mg	6%

*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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This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

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