



## Snowmen on a Stick

Number of servings: 4  
Serving size: 2 snowmen

### Equipment:

None

### Ingredients:

2 medium bananas (body)  
1 small apple cut in 8 pieces (hat)  
8 grapes (hat)  
¼ carrot cut in very small pieces (nose)  
16 pretzel sticks (arms)  
2 Tablespoons mini chocolate chips (eyes and buttons)  
8 bamboo skewers (sticks)

### Directions:

Slice the bananas with a butter knife. Have an adult help to pre-cut carrots and apples. (Poke a hole through the apple with a bamboo skewer first to make assembly easier.) Be creative and enjoy!

**Cost per recipe:** \$2.35\*

**Cost per serving:** \$0.59\*

\* Cost does not include bamboo skewers

**MyPlate servings:** ¾ serving of fruit

**Pump it Up:** Lay on your back with your legs out straight and your arms at your sides. Then, keeping your head and back on the ground, lift your legs up using your ab muscles. Point your toes, and try to hold your legs up for 30 seconds.

**Food for Thought:** Bananas are a great source of potassium, which helps to prevent muscles from cramping. Eat one in the morning before a busy day!

Amount Per Serving		% Daily Values*	
<b>Calories</b> 115			
<b>Total Fat</b> 2g			<b>3%</b>
Saturated Fat 1g			<b>5%</b>
Trans Fat 0g			
Monounsaturated Fat 1g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Potassium</b> 296mg			<b>8%</b>
<b>Sodium</b> 30mg			<b>1%</b>
<b>Total Carbohydrate</b> 25g			<b>8%</b>
Dietary Fiber 3g			<b>12%</b>
Sugars 15g			
<b>Protein</b> 1g			<b>2%</b>

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

\*\***Nutrition Analysis:** performed using <https://www.supertracker.usda.gov>