EAT SMART

Apple Jack-O-Lanterns

Servings: 2
Serving Size: 1 decorated apple

Ingredients:
2 apples, washed
4 Tablespoons of peanut butter or soy nut butter (cream cheese can be a substitute for peanut allergy participants)
1 carrot (shredded)
¼ cup of raisins
½ cup of dry whole wheat cereal (something colorful)

Directions:
1. Wash, peel, and shred carrots
2. Wash the apples.
3. Using 2 tablespoons of peanut butter as "glue" and the raisins, carrots, and cereal as decorations, create faces on the apples.

Nutrition Facts

Serving Size 1 apple
Servings Per Container 2

Amount Per Serving

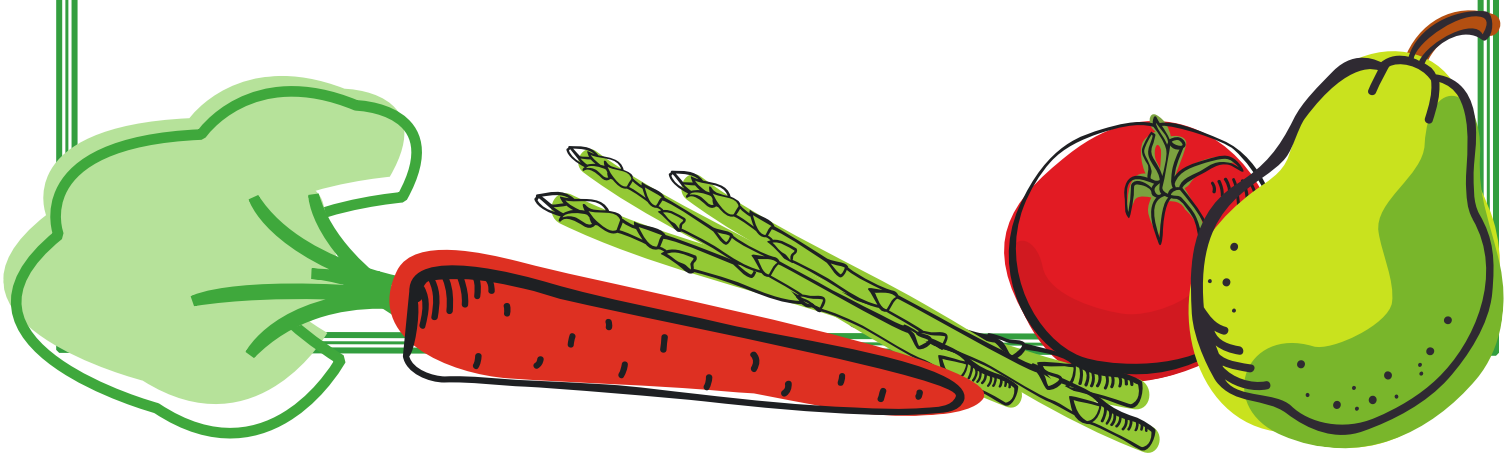
Calories 390	Calories from Fat 120
	% Daily Value*
Total Fat 13g	**20%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 270mg	**11%**
Total Carbohydrate 62g	**21%**
Dietary Fiber 9g	**36%**
Sugars 39g	
Protein 11g	

Vitamin A 130% • Vitamin C 20%
Calcium 8% • Iron 20%

*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



For more recipes: www.eatsmart.umd.edu

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