

Apple Smiles

A snack that keeps you grinning!



Level: Easy

Makes: 8

Kids' Tool Kit

apple corer
paring knife
cutting board
table knife



Ingredients:

- 1 medium red apple, cored and sliced
- 3-4 tablespoons peanut butter
- 32 miniature marshmallows



Directions:

Remember to wash your hands!

1. Wash, core and cut apple in half. Cut each half into 8 slices.
2. Spread peanut butter on one side of each apple slice.
3. Place 3 or 4 mini-marshmallows on top of peanut butter on one apple slice. Top with another and press together to make one "smile."
4. Continue assembling remaining apple slices.

Chef's Choice

Apple Smiles
Graham crackers
Low fat milk



Helpful Hints: For this snack, choose a crunchy, red apple for the lips and cut each half into 8 slices. To make sure the "teeth" stay in place, use plenty of peanut butter to stick the marshmallows to the apple "lips." Let each child assemble his snack and eat before the apple darkens. Don't focus too much on the end result or the mess. It doesn't matter if the apple has missing or crooked teeth! The important thing is to laugh and have fun!



Safety Tip: Young children may need adult supervision when coring and slicing the apple. Or, an adult can do this task while kids spread peanut butter on each apple slice.

Nutrition Facts

Serving Size 1 Smile (28g)
Servings Per Container 8

Amount Per Serving	
Calories 50	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber less than 1 gram	4%
Sugars 4g	
Protein 2g	

Vitamin A 0% • Vitamin C 2%
Calcium 0% • Iron 0%

*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 information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.