Apple Smiles
A snack that keeps you grinning!

Level: Easy
Makes: 8

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.

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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 50</th>
<th>Calories from Fat 30 % Daily Value*</th>
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</thead>
<tbody>
<tr>
<td>Total Fat 3g</td>
<td>5%</td>
<td>Saturated Fat 0.5g 3%</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
<td>Sodium 30mg 1%</td>
</tr>
<tr>
<td>Total Carbohydrate 6g</td>
<td>2%</td>
<td>Dietary Fiber less than 1 gram 4%</td>
</tr>
<tr>
<td>Sugars 4g</td>
<td></td>
<td>Protein 2g</td>
</tr>
</tbody>
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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.

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.