

Ingredients:

Apple Raisin Grahams
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- 1 tablespoon low fat cream cheese
- 1/4 cup raisins
- 1 cup finely chopped apple
- Pinch of cinnamon
- 2 whole plain graham crackers (graham cracker sheets)

Directions:

1. Wash hands with warm water and soap.
2. Wash apples before preparing.
3. Mix together cream cheese, raisins, apple and cinnamon in a small bowl.
4. Put mixture on graham crackers.
5. Serve immediately.

Nutrition Facts (Per Serving)

Nutrient analysis per serving (1 graham cracker sheet): Calories 140; Carbohydrate 31 g; Protein 2 g; Total Fat 2 g; Saturated Fat 1 g; Trans Fat 0 g; Cholesterol 5 mg; Fiber 3 g; Total Sugars 21 g; Sodium 80 mg; Calcium 27 mg; Folate 7 mcg; Iron 0.7 mg; Percent Calories from Fat 13%.

Makes 2 servings (1 graham cracker sheet per serving). Recipe provided by Network for Healthy California.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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