

Cracker Pyramids

Ingredients (makes 1 serving)

- 6 Whole grain crackers (such as Triscuits)
- 6 slices Reduced-fat cheese
- 6 slices of your choice sliced fruit: kiwifruit, strawberries, peach, plum, nectarine, etc.
- Orange marmalade thinned by mixing 1 Tablespoon marmalade with 1 teaspoon water

Directions

Layer crackers in the order given, topping with 1/4 teaspoon of thinned marmalade.

Nutrition Information- Per serving

Calories	300	Total Sugars	13g	Sodium	650mg
Protein	17g	Total Fat	13g	Cholesterol	30mg
Carbohydrate	32g	Saturated Fat	6.6g	Fiber	3g



FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program – SNAP and Expanded Food and Nutrition Education Program – EFNEP. SNAP/FoodShare helps families buy the food they need for good health. Visit access.wi.gov to learn how to apply. An AA/EEO employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX and ADA requirements.