

# Crunchy Sandwiches

## Ingredients (makes 1 serving)

- 1 mini Rice cake
- 1 teaspoon Sunbutter or peanut butter
- 1 slice of Banana

## Directions

1. Spread peanut butter on rice cake.
2. Cover peanut butter with bananas

Experiment with other fruits! ENJOY!

## Nutrition Information- Per serving

Calories	181	Total Sugars	8.8g	Sodium	103mg
Protein	5.4g	Total Fat	8.5g	Cholesterol	0mg
Carbohydrate	24g	Saturated Fat	1.8g	Fiber	2.9g



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](http://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.