

Ghost Crackers

Makes 1 serving | Grains

Ingredients

- 1 Tablespoon low-fat cream cheese
- 3 whole grain crackers
- 3 raisins, cut in half

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Spread 1 teaspoon cream cheese in ghost shape on top of each cracker.
3. Add a raisin piece for each eye.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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