

Fruit Rice Cake Faces

Ingredients:

- 3 rice cakes, plain
- 1/2 cup dairy-free yogurt
- 1 medium banana, sliced
- 1 small peach, sliced
- 1 small kiwi slices
- 1/4 cup blueberries
- 1/4 cup sliced strawberries
- 1/4 cup raspberries



Servings: 3

Instructions:

1. Spread the yogurt on rice cakes:

- Spread the yogurt evenly over each rice cake.

2. Create the faces:

- Use sliced strawberries to make the mouths, banana slices for the eyes, and blueberries for the pupils.

3. Serve:

- Serve immediately and enjoy the adorable and delicious smiley face yogurt and fruit rice cakes!



Nutrition Facts

3 servings per container
Serving size 1 Rice Cake (194g)

Amount per serving
Calories 150

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 2g | 3% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 30mg | 1% |
| Total Carbohydrate 33g | 12% |
| Dietary Fiber 4g | 14% |
| Total Sugars 17g | |
| Includes 0g Added Sugars | 0% |
| Protein 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 86mg | 6% |
| Iron 1mg | 6% |
| Potassium 377mg | 8% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.