

Party Pear Frisbee



Makes 35 servings

2 rice cakes per serving

INGREDIENTS

- 8 ripe pears
- 4 (6 oz.) containers low-fat vanilla yogurt
- 3½ oz. bag of mini-rice cakes

PREPARATION

1. Rinse, core, and dice pears.
2. Place 1 tsp. of yogurt and add pear chunks on top of each rice cake.
3. Place 2 rice cakes on a paper plate.
4. Serve immediately.

Nutrition information per serving: Calories 33, Carbohydrate 7g, Dietary Fiber 0g, Protein 1g, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 1mg, Sodium 15mg



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