

C is for CRAB CRACKERS



Ingredients: Ritz Whole Wheat Crackers, Mini pretzel sticks, Peanut Butter, & Raisins.* For wheat allergies crackers can be substituted with any non wheat crackers. Peanut butter can be substituted with fruit jam, cheese spread, nutella, etc.

Calorie Count:

5 whole wheat ritz crackers – 70 calories

8 Mini pretzels – 50 calories

1 miniature box of raisins – 40 calories

1 tsp of peanut butter - 90 calories

Step 1: Take one cracker and spread peanut butter on one side of it. Do the same to a different cracker. You should have two crackers with peanut butter on them.

Step 2: Stick four mini pretzels onto peanut butter so that they are sticking out of the cracker. Do the same to the other cracker.

Step 3: Place the peanut buttery side of the crackers on top of each other to create a cracker sandwich.

NOTE: Make sure that when you place the crackers together your pretzels are on the opposite side so they're not all bunched up together!

Step 4: Dip two raisins into a peanut butter and stick them on top of the cracker to create two eyes for the crab.

Step 5: Eat!! You're all finished!!!