

## Ingredients:

Apple Raisin Grahams  
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- 1 tablespoon low fat cream cheese
- 1/4 cup raisins
- 1 cup finely chopped apple
- Pinch of cinnamon
- 2 whole plain graham crackers (graham cracker sheets)

## Directions:

1. Wash hands with warm water and soap.
2. Wash apples before preparing.
3. Mix together cream cheese, raisins, apple and cinnamon in a small bowl.
4. Put mixture on graham crackers.
5. Serve immediately.

## Nutrition Facts (Per Serving)

Nutrient analysis per serving (1 graham cracker sheet): Calories 140; Carbohydrate 31 g; Protein 2 g; Total Fat 2 g; Saturated Fat 1 g; Trans Fat 0 g; Cholesterol 5 mg; Fiber 3 g; Total Sugars 21 g; Sodium 80 mg; Calcium 27 mg; Folate 7 mcg; Iron 0.7 mg; Percent Calories from Fat 13%.

Makes 2 servings (1 graham cracker sheet per serving). Recipe provided by Network for Healthy California.

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The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.