

Peanut Butter Fruit Owl

Ingredients:

- 2 each Red apples
- 6T Peanut butter
- 2 each Peaches
- 3 each Kiwi
- 1 cup raspberries or strawberries



Servings: 6

Instructions:

1. Cut the apples into half slices.
2. Cut peaches into wedges.
3. Slice kiwi for 12 eyes and chop the rest.
4. Create a peanut butter stick for the owl to stand on.
5. Assemble fruit owl as the picture shows.
6. Enjoy fresh.

Nutrition Facts

6 servings per container	
Serving size	1 Each (167g)
Amount Per Serving	
Calories	180
	<small>% Daily Value*</small>
Total Fat 9g	12%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	18%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.72mg	4%
Potassium 376mg	8%
Vitamin C	70%

*The % Daily Value (DV) 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.