



I.P.A KIDS COOKING

Spooky Spider Snacks



These kooky critters feature bodies made of creamy peanut butter simply sandwiched between round butter crackers. Chow mein noodles are ideal as the crunchy legs, and plump raisins act as eyes. They are a great treat for Halloween

Ingredients

1/2 cup plus 1 tablespoon peanut butter
48 butter-flavoured crackers
2/3 cup crispy chow mein noodles
1/4 cup raisins

Directions

Spread 1 teaspoon of peanut butter on the tops of 24 crackers. Place four noodles on each side of each cracker; top with the remaining crackers. Spread a small amount of peanut butter on each raisin; place two on each cracker for eyes.

Nutrition Facts

2 each: 157 calories, 10g fat (2g saturated fat), 0 cholesterol, 189mg sodium, 13g carbohydrate (4g sugars, 1g fibre), 4g protein.

