



# Cent\$ible Nutrition Program

Helping Families Eat better for Less

## Bunny Salad\*

- 1 leaf of lettuce (bed for bunny)
- 1 chilled pear half (body of bunny, narrow end is face)
- 3 raisins (eyes and nose)
- 2 carrot strips (ears)
- ¼ cut cottage cheese (tail)

### Children can:

Wash lettuce and put the bunny together.

## Nutrition Facts

Serving Size: 1 (152g)

Servings: 1

Amount Per Serving

Calories 100      Calories from Fat 5

% Daily Value\*

**Total Fat** 0.5g      1%

Saturated Fat 0g      2%

Trans Fat 0g

**Cholesterol** less than 5mg      1%

**Sodium** 240mg      10%

**Total Carbohydrate** 16g      5%

Dietary Fiber 3g      11%

Sugars 11g

**Protein** 7g

Vitamin A 20%      Vitamin C 8%

Calcium 4%      Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet.

\*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible) for more information.



TV Show

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