

Ladybug Rice Cake snack

Ingredients:

2 Rice cakes (5 grams or .2 ounces each)

Large black gum drops, string licorice, raisins, strawberry cream cheese, toothpicks

Spread each rice cake with strawberry cream cheese.

Using a toothpick, attach a half a gum drop to the front side of the cake for a head.

Place a strip of licorice down the middle of the rice cake.

Place raisings on both sides of the ladybug rice cake.

Yield: 1 serving (2 lady bugs)

Serving Size: Each serving provides a grains/breads at snack for children 3-5 years.