

## Rice Cakes and Fruit



### Ingredients:

- 2 whole-grain rice cakes
- 2 tablespoons nut butter
- 1/2 banana, peeled and cut into 8 bite-sized pieces
- 1/2 apple, cored and sliced into 8 bite-sized pieces
- Dash of cinnamon

### Directions:

1. Spread 1 tablespoon of nut butter on each rice cake.
2. Top with 4 slices of apple, and 4 slices of banana.
3. Sprinkle with cinnamon and serve.

Makes 2 servings



**Tarrant County Public Health**  
<http://health.tarrantcounty.com>