



## **Apple-icious Spider Craft**

Makes 1 spider

2 round apple slices cut through center of apple horizontally

1 Tbsp. peanut butter

8 pretzel sticks

2 raisins

Place apple slices flat on a plate or paper towel; spread peanut butter evenly over apple slices.

Place four pretzels sticks on each side of one of the apple slices for legs. Place remaining apple slice on top. Dip each raisin in peanut butter and place on spider to make eyes.

Per serving: 120 calories, 8 g fat, 4 g protein, 9 g carbohydrate, 1 g fiber, 150 mg sodium