



## **Bunny Salad**

Serves 1

1 large lettuce leaf

½ canned pear

1 Tbsp. cottage cheese

1 raisin

2 very thin slices of apple, shaped like ears

Place lettuce leaf on a small plate. Place ½ pear, cut side down on top of lettuce leaf for the bunny body. Using a small scoop if available, place the cottage cheese on the lettuce leaf next to the wide end of the pear as a tail. Carefully place apples slices, sticking up, towards the front of the narrow side of pear as the ears. Place raisin into the tip of the narrow end of the pear for the nose. Chill until ready to serve.

Per serving: 60 calories, .5 g fat, 2 g protein, 13 g carbohydrate, 2 g fiber, 55 mg sodium