



## Reindeer Rice Cakes

Looking for a holiday snack that will keep you full AND are super easy to make? These Reindeer Rice Cakes use minimal ingredients and can be made by the whole family! Adding heart-healthy fats through sunflower or nut butter keeps us full and gives us long lasting energy.

### Ingredients:

- 4 brown rice cakes, salt-free
- ¼ cup (4 tablespoons) creamy sunflower or nut butter
- 2 tablespoons blueberries, washed and dried
- ¼ cup raspberries, washed and dried
- 6 Mini pretzels, unsalted

### Directions:

1. Place one rice cake on a plate.
2. Evenly spread one tablespoon of sunflower or nut butter all over the top of the rice cake.
3. Place 2 blueberries next to each other in the center of the rice cake to make the reindeer's eyes.
4. Place one raspberry upside down underneath the blueberry eyes to make the reindeer's button nose.
5. Place one mini pretzel on the top left and right sides to make the reindeer's horns.
6. Repeat the same steps for the remaining ingredients.
7. Serve and enjoy this adorable, festive, and balanced snack!

**Yield:** 4 servings (1 rice cake each)

### Nutrition Facts:

155 Calories; 8 g Fat (1 g Saturated Fat; 0 g Trans Fat); 0 mg Cholesterol; 53 mg Sodium; 15 g Carbohydrate (2 g Fiber, 3 g Total Sugar, 1 g Added Sugar); 4 g Protein; 0% Daily Value (DV) Vitamin A; 3% DV Vitamin C; 0% DV Vitamin D; 1% DV Calcium; 5% DV Iron; 2% DV Potassium