



## Edible Art

Prep Time: 15 minutes

Cost per serving: \$0.20

### What you need:

#### Utensils:

- Plates
- Knife & cutting board
- Toothpicks

#### Ingredients:

- 10 canned or fresh pineapple rings or slices
- 5 large bananas
- 2 tangerines, segmented
- 1 large apple, cut into small wedges
- 1 pear, cut into small chunks
- 1 kiwi, peeled and sliced (cut slices in half or fourths)

#### What to do:

1. Wash your hands and clean your cooking area.
2. Clean the tops of canned food items before opening them.
3. Wash and dry all fruit before peeling or slicing.
4. Drain the pineapple rings and place in the center of a plate.
5. Peel the banana, cut in half, and place it upright into the center of the pineapple ring.
6. Slice all other fruit and insert toothpicks into the pieces.
7. Place the toothpicks with fruit into the upright banana forming branches on the banana.
8. Continue to decorate the banana until you are pleased with results, and enjoy your Edible Art!



BETTER LIVING  
FOR TEXANS

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## Nutrition Facts

Serving Size 1 snack  
Servings Per Container 10

Amount Per Serving

Calories 110      Calories from Fat 5

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 5mg      0%

Total Carbohydrate 29g      10%

Dietary Fiber 4g      16%

Sugars 18g

Protein 1g

Vitamin A 4%      • Vitamin C 50%

Calcium 2%      • Iron 2%