

Eagle Nest

Prep time: 5 minutes

Makes: 1 Serving

Kids can enjoy making this healthy, fun, and easy after-school snack using peaches, cottage cheese, and raisins.

Ingredients

- 2 canned peach halves
- 2 **tablespoons** cottage cheese, low-fat (1 ounce)
- 6 raisins

Directions

1. Wash hands; get out ingredients and utensils.
2. Place one peach half, cut side up, in center of plate for nest.
3. Place 1 Tablespoon of cottage cheese in center of nest.
4. Place raisins on cottage cheese to make eggs.
5. Enjoy your Eagle Nest.

Notes

Adults: If preparing with children, use a can opener to open peaches. Drain juice and discard sharp edged lid.

Chickasaw Nation Get Fresh! Nutrition Education Program

Nutrition Information

Nutrients	Amount
Calories	134
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	1 mg
Sodium	126 mg
Total Carbohydrate	37 g
Dietary Fiber	3 g
Total Sugars	32 g
Added Sugars included	0 g
Protein	5 g
Vitamin D	0 IU
Calcium	37 mg
Iron	1 mg
Potassium	412 mg
N/A - data is not available	
MyPlate Food Groups	
 Fruits	1 1/4 cups