SHOPPING LIST

Pineapple Spears

- ◯ Shredded Coconut
- ◯ Sliced Almonds
- ◯ Fresh Pineapple

First, check off the items you already have at home.

CUT

Professor Fizzy presents

SNACKS

PBS KIDS GO!

FIZZY'S LUNCH LAB

Pineapple Spears

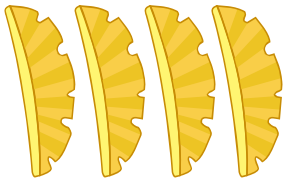
VEGETARIAN	TIME	DIFFICULTY	SERVES
V		E	4
YES	less than 30 min.	Easy	

CUT

YOU WILL NEED

¼ cup
unsweetened shredded coconut

¼ cup
sliced almonds, finely chopped or ground

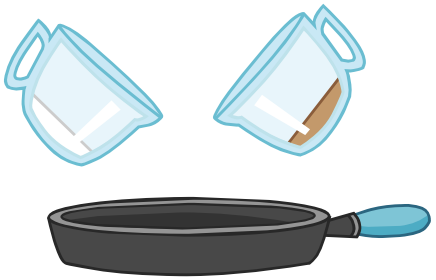


½ fresh pineapple, cored and cut into approximate 4 by 1-inch spears

CUT

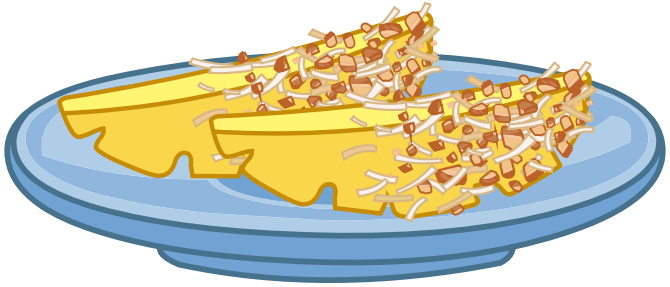
DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!



STEP 1: Toast the coconut and almonds in a small skillet over medium-low heat until lightly browned, about 3 minutes. Transfer to a plate and set aside to cool.

STEP 2: Dip the spears into the coconut almond mixture and serve.



pbskidsgo.org/lunchlab

Nutrition Facts

Serving Size (70g)
Servings Per Container 4

Amount Per Serving

Calories 100 Calories from Fat 60

	% Daily Value*
Total Fat 7g	11%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 2g	

Vitamin A 0% • **Vitamin C** 45%
Calcium 2% • **Iron** 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4