

## **Prune Protein Plate**

Serves 1

*This prune protein plate is a well-balanced snack that packs a protein punch.*

### **The Ingredients**

3 Sunsweet prunes, halved

3 brown rice crackers

1/2 ounce brie cheese

14 pistachios (with or without shell)

### **The Steps**

Place all the ingredients on a pretty plate to enjoy as stacked sandwiches or piece by piece.

Nutrition (1 plate): *180 calories, 8g total fat, 3g saturated fat, 0g trans fat, 15mg cholesterol, 105mg sodium, 25g carbohydrate, 3g fiber, 12g sugar, 6g protein, 6% vitamin A, 4% calcium, 2% vitamin C, 4% iron*