



## Apples and Almond Butter

Pair crisp apple slices with creamy almond butter for a naturally sweet snack.

**Ages:** 3–5 years

**Prep time:** 10 minutes

**Makes:** 6 servings

**Cook time:** 0 minutes

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### INGREDIENTS

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**3 cups** apples, fresh, unpeeled, cored, thinly sliced (about 3 large apples; gently wash apples under running water before cutting)

**¼ cup + 2 Tbsp** almond butter, smooth

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### DIRECTIONS

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1. Wash hands with soap and water for at least 20 seconds.
2. Serve ½ cup apple slices (about 5–7) and 1 Tbsp of almond butter (see notes). Serve immediately, or keep cold at 40 °F or lower.

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## NUTRITION INFORMATION

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½ cup apple slices and 1 Tbsp almond butter

| <b>Nutrients</b>          | <b>Amount</b> |
|---------------------------|---------------|
| <b>Calories</b>           | <b>130</b>    |
| <hr/>                     |               |
| <b>Total Fat</b>          | <b>9 g</b>    |
| Saturated Fat             | 1 g           |
| Cholesterol               | 0 mg          |
| <b>Sodium</b>             | <b>2 mg</b>   |
| <b>Total Carbohydrate</b> | <b>12 g</b>   |
| Dietary Fiber             | 3 g           |
| Total Sugars              | 7 g           |
| Includes Added Sugars     | N/A           |
| <b>Protein</b>            | <b>3 g</b>    |
| <hr/>                     |               |
| Vitamin D                 | N/A           |
| Calcium                   | 59 mg         |
| Iron                      | 1 mg          |
| Potassium                 | N/A           |

N/A = Data not available

*Source:* Team Nutrition CACFP Easy Recipe Project

[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)

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## CACFP CREDITING INFORMATION

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½ cup fruit  
½ oz eq meat alternate

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## CHEF TIPS

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- **Contains tree nuts (almonds).** Sunflower seed butter or soy nut butter may be used in place of almond butter. Some sunflower seed butters and soy nut butters are produced on equipment shared with tree nuts and, in some cases, peanuts.
- **Choking Prevention:** Nut butters can be a choking risk for children under the age of 4. To reduce risk of choking, spread the almond butter in a thin layer on the apple slices.
- To keep fresh cut fruit from turning brown, coat them with an acidic juice, such as lemon or orange, or use a commercial anti-darkening agent.