Mini Graham Crackers and Berry Nut Butter

Graham crackers go great with just about anything. This pairing, which includes fruit and peanut butter, is a tasty winner!

Ages: 3–5 years  
Prep time: 10 minutes

Makes: 6 servings  
Cook time: 0 minutes

INGREDIENTS

6 cups (1 lb 9 oz) strawberries, frozen, whole, unsweetened, thawed, drained

¼ cup + 2 Tbsp peanut butter, smooth

1½ cups bear-shaped sweet crackers (about 1” x ½” each), whole grain-rich, 84 g or 3 oz of crackers total (see notes)

DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.

2. In a medium bowl, combine strawberries and peanut butter. Use a hand or stand mixer to blend until smooth. Let sit for 10–15 minutes to settle.

3. Place ½ cup strawberry-peanut butter mixture in a 6 fl oz cup or bowl. Top with ¼ cup mini graham crackers (bear-shaped) or 14 g crushed graham crackers.

4. Serve 1 6 fl oz cup or bowl. Serve immediately, or keep cold at 40 °F or lower.
### NUTRITION INFORMATION

1 6 fl oz cup Mini Graham Crackers and Berry Nut Butter

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>236</td>
</tr>
<tr>
<td>Total Fat</td>
<td>10 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>121 mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>34 g</td>
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<tr>
<td>Dietary Fiber</td>
<td>4 g</td>
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<tr>
<td>Total Sugars</td>
<td>19 g</td>
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<tr>
<td>Includes Added Sugars</td>
<td>N/A</td>
</tr>
<tr>
<td>Protein</td>
<td>4 g</td>
</tr>
</tbody>
</table>

Vitamin D: N/A
Calcium: 82 mg
Iron: 1 mg
Potassium: N/A

N/A = Data not available

*Source: Team Nutrition CACFP Easy Recipe Project*

**TeamNutrition.USDA.gov**

### CACFP CREDITING INFORMATION

½ cup fruit
½ oz eq meat alternate
½ oz eq grains

### CHEF TIPS

- **Contains peanuts (peanut butter) and wheat (bear-shaped sweet crackers).**
- **Choking Prevention:** Nut butters can be a choking risk for children under the age of 4.
- If not serving immediately, do not top strawberry-peanut butter mixture with crackers, store separately to prevent crackers from becoming soggy/soft.
- If serving other types of sweet crackers, nutrition information and number of crackers to serve may change. Check the Nutrition Facts label or other information on the package to make sure you purchase at least 84 g or 3 oz of sweet crackers for this recipe.
- The symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.