Apples and Almond Butter

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

Ages: 6–18 years
Makes: 6 servings
Prep time: 10 minutes
Cook time: 0 minutes

the INGREDIENTS

4½ cups apples, fresh, unpeeled, cored, thinly sliced (about 5 large apples; gently wash apples under running water before cutting)

¾ cup almond butter, smooth

the DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Serve ¾ cup apple slices (about 7–9) and 2 Tbsp of almond butter. Serve immediately, or keep cold at 40 °F or lower.

the NUTRITION INFORMATION

¾ cup apple slices and 2 Tbsp almond butter

Nutrients	Amount
Calories	**244**
Total Fat	**18 g**
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	**3 mg**
Total Carbohydrate	**19 g**
Dietary Fiber	6 g
Total Sugars	11 g
Includes Added Sugars	N/A
Protein	**7 g**
Vitamin D	N/A
Calcium	116 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

the CACFP CREDITING INFORMATION

¾ cup fruit
1 oz eq meat alternate

the CHEF TIPS

- **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.
- 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.