



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: 6–18 years
Makes: 6 servings

Prep time: 10 minutes
Cook time: 0 minutes

the INGREDIENTS

9 cups (2 lb 5½ oz) strawberries, frozen, whole, unsweetened, thawed, drained

¾ cup peanut butter, smooth

3 cups bear-shaped sweet crackers (about 1" by ½" each), whole grain-rich, 168 g or 6 oz of crackers total (see notes)

the 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 ¾ cup strawberry-peanut butter mixture in a 10 fl oz cup or bowl. Top with ½ cup mini graham crackers (bear-shaped) or 28 g crushed graham crackers.
4. Serve 1 10 fl oz cup or bowl. Serve immediately, or keep cold at 40 °F or lower.

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NUTRITION INFORMATION

1 10 fl oz cup Mini Graham Crackers and Berry Nut Butter

Nutrients **Amount**
Calories **443**


Total Fat	20 g
Saturated Fat	3 g
Cholesterol	0 mg
Sodium	242 mg
Total Carbohydrate	58 g
Dietary Fiber	7 g
Total Sugars	31 g
Includes Added Sugars	N/A
Protein	9 g
Vitamin D	N/A
Calcium	147 mg
Iron	2 mg
Potassium	N/A

N/A = Data not available


Source: Team Nutrition CACFP Easy Recipe Project

[TeamNutrition.USDA.gov](https://www.teamnutrition.usda.gov)

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CACFP CREDITING INFORMATION

¾ cup fruit
1 oz eq meat alternate
1 oz eq grains 

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CHEF TIPS

- Contains peanuts (peanut butter) and wheat (bear-shaped sweet crackers).
- 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 168 g or 6 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.