



Apples and Almond Butter

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

AGES: 6–18 years
PREP TIME: 45 minutes
COOK TIME: 0 minutes

CACFP CREDITING INFORMATION

$\frac{3}{4}$ cup fruit
 1 oz eq meat alternate

SOURCE

Team Nutrition CACFP Easy Recipe Project
TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<ol style="list-style-type: none"> 1 Wash hands with soap and water for at least 20 seconds.
Apples, fresh, unpeeled, cored, thinly sliced* (gently wash apples under running water before cutting)	5 lb 3 oz	1 gal + 2 $\frac{3}{4}$ cups	10 lb 6 oz	2 gal + 1 qt + 1 $\frac{1}{2}$ cups	<ol style="list-style-type: none"> 2 Serve $\frac{3}{4}$ cup apple slices (about 7–9) and 2 Tbsp of almond butter. Serve immediately, or keep cold at 40 °F or lower.
Almond butter, smooth	1 lb 12 oz	3 cups + 2 Tbsp	3 lb 8 oz	1 qt + 2 $\frac{1}{4}$ cups	

*See Marketing Guide

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

***MARKETING GUIDE**

Food as Purchased for	25 Servings	50 Servings
Apples, fresh	5 lb 12 oz	10 lb 6 oz

NOTES

- **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 processed 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.

WEIGHT/YIELDS

25 Servings	50 Servings
5 lb 3 oz apples, 1 lb 12 oz almond butter 1 gal 2¾ cups apples, 3 cups 2 Tbsp almond butter	10 lb 6 oz apples, 3 lb 8 oz almond butter 2 gal 1 qt 1½ cups apples, 1 qt 2¼ cups almond butter