

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

3/4 cup fruit

1 oz eq meat alternate

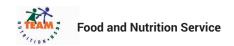
SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIDECTIONS
	Weight	Measure	Weight	Measure	DIRECTIONS
					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 + 2¾ cups	10 lb 6 oz	2 gal + 1 qt + 1½ cups	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.
Almond butter, smooth	1 lb 12 oz	3 cups + 2 Tbsp	3 lb 8 oz	1 qt + 2¼ cups	

^{*}See Marketing Guide



NUTRITION INFORMATION

34 cup apple slices and 2 Tbsp almond butter

NUTRIENTS Calories	AMOUNT 244
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber Total Sugars Includes Added Sugars Protein	18 g 1 g 0 mg 3 mg 19 g 6 g 11 g N/A 7 g
Vitamin D Calcium Iron Potassium N/A = Data not available	N/A 116 mg 1 mg N/A

*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				