



Apples and Almond Butter

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

AGES: 3–5 years

PREP TIME: 45 minutes

COOK TIME: 0 minutes

CACFP CREDITING INFORMATION

½ cup fruit

½ oz eq meat alternate

SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					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)	3 lb 7 oz	3 qt + ½ cup	6 lb 14 oz	1 gal + 2 qt + 1 cup	2 Serve ½ cup apple slices (about 5–7) and 1 Tbsp of almond butter (see notes). Serve immediately, or keep cold at 40 °F or lower.
Almond butter, smooth	14 oz	1 ½ cups + 1 Tbsp	1 lb 12 oz	3 cups + 2 Tbsp	

*See Marketing Guide



NUTRITION INFORMATION

½ cup apple slices and 1 Tbsp almond butter

NUTRIENTS	AMOUNT
Calories	130

Total Fat	9 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	2 mg
Total Carbohydrate	12 g
Dietary Fiber	3 g
Total Sugars	7 g
Includes Added Sugars	N/A
Protein	3 g

Vitamin D	N/A
Calcium	59 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

*MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Apples, fresh	3 lb 13 oz	7 lb 9 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.
- **Choking Prevention:** Nut butters can be a choking risk for children under the age of 4. To reduce the risk of choking, spread the almond butter in a thin layer on the apple slices.
- 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
3 lb 7 oz apples, 14 oz almond butter 3 qt ½ cup apples, 1 ½ cups 1 Tbsp almond butter	6 lb 14 oz apples, 1 lb 12 oz almond butter 1 gal 2 qt 1 cup apples, 3 cups 2 Tbsp almond butter