

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

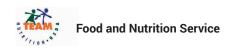
SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

| INGREDIENTS | 25 SERVINGS | | 50 SERVINGS | | 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) | 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 | 1½ 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 Calories | AMOUNT 130 |
|--|--|
| Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber Total Sugars Includes Added Sugars Protein | 9 g 1 g 0 mg 2 mg 12 g 3 g 7 g N/A 3 g |
| Vitamin D Calcium Iron Potassium N/A = Data not available | N/A 59 mg 1 mg N/A |

| *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, 1½ 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 | | | | |

