

# **APPLES with NUT BUTTER**

Type of Dish: snack

SERVING SIZE: 1 apple

YIELD: 10 servings

MEAL PATTERN CONTRIBUTION: 1 cup fruit, 2 oz eq m/ma

## **Ingredients and Instructions**

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**Apple, 125-138 count**

**10 each**

**Nut Butter**

**2 ½ Cups**

1. Wash apples.
2. Dissolve ½ tsp of salt in a gallon of water. Place next to cutting board.
3. Slice apples and place into salt water mixture for 5 minutes. This will help prevent browning.
4. Portion apple slices and refrigerate until service.
5. Portion nut butter into cups. Using a #16, blue handled disher for consistency each 2 oz eq serving will be ¼ cup.
6. Serve apples with nut butter for a complete snack.