

Ingredients:

- 1 medium apple
- 1 Tablespoon peanut butter
- ½ cup raisin

Instructions:

1. Cut apple into quarters. Remove core; cut quarters into 1/2-inch slices.
2. Spread peanut butter on one side of each apple slice.
3. Place 3 or 4 raisins on top of peanut butter on one apple slice.
4. Top with another apple slice, peanut butter side down. Squeeze gently

Nutrition Facts

Serving Size Entire Recipe	
Servings Per Container 1	
Amount Per Serving	
Calories 320	Calories from Fat 80
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 59g	20%
Dietary Fiber 7g	28%
Sugars 49g	
Protein 5g	
Vitamin A 2%	Vitamin C 15%
Calcium 4%	Iron 8%

Graham Cracker Smackers

Yield: 4 servings

Nutrition Facts

Serving Size 1 cracker sandwich	
Servings Per Container 4	
Amount Per Serving	
Calories 140	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	12%
Sugars 12g	
Protein 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 2%	Iron 4%

Ingredients:

- 1-2 pieces of fruit, sliced thinly (bananas, peaches, pears, or other soft fruit)
- 4 graham crackers, broken into 8 squares
- 2 Tablespoons peanut butter

Instructions:

1. Wash fruit. Cut into thin slices.
2. Spread peanut butter in a thin layer on each graham cracker square
3. Top four of the squares with slices of fruit. Put another graham cracker square on top, with peanut butter facing inside.

Peanut Butter Pita Pockets

Yield: 2 servings

Ingredients:

- 1 apple, pear, banana, peach, or mango
- 1 medium whole wheat pita pockets
- 2 Tbsp peanut butter

Instructions:

1. Wash and slice fruit
2. Cut pita in half to make 2 pockets
3. Warm each pita half in the microwave for about 10 seconds to make them more flexible
4. Carefully open each pocket and spread about 1 tablespoon of peanut butter on the inside walls of each pita half.
5. Fill each pocket with sliced fruit. Serve at room temperature.

Nutrition Facts

Serving Size 1/2 pita pocket with filling	
Servings Per Container 2	
Amount Per Serving	
Calories 230	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 34g	11%
Dietary Fiber 6g	24%
Sugars 10g	
Protein 7g	
Vitamin A 0%	Vitamin C 6%
Calcium 2%	Iron 8%

September 2011

IOWA STATE UNIVERSITY
University Extension

Healthy People. Healthy Environments. Healthy Economies.

If you have questions about commodity foods,
contact: Marshelle Smith, ISU Extension Polk County
Phone (515) 957-5792
Email: marshall@iastate.edu

... and justice for all
The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Many materials can be made available in alternative formats for ADA clients. To file a complaint of discrimination, write USDA, Office of Civil Rights, Room 328-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call 202-720-5964.