Bookworm Apple Bark – recipe adapted from *Fruits and Veggies More Matters*

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>50 Servings</th>
<th>100 Servings</th>
<th>25 Servings</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Granny Smith Apple</em>, 138 ct</td>
<td>25 apples</td>
<td>50 apples</td>
<td>12.5 apples</td>
<td>1. Cut each apple into 4 quarters, starting at the stem. Remove the core by</td>
</tr>
<tr>
<td>Peanut butter</td>
<td>25 Tb</td>
<td>50 Tb</td>
<td>12 1/2 Tb</td>
<td>cutting away to leave a flat surface on the apple quarter. Be careful not</td>
</tr>
<tr>
<td>Golden or black raisins</td>
<td>62 1/2 Tb</td>
<td>125 Tb</td>
<td>31 1/4 Tb</td>
<td>to cut too much of the edible portion of the apple away.</td>
</tr>
<tr>
<td>Dried sweetened cranberries*</td>
<td>37 1/2 Tb</td>
<td>75 Tb</td>
<td>18.75 Tb</td>
<td>2. Drop and slightly spread ¼ tablespoon of peanut butter on each apple</td>
</tr>
<tr>
<td>Chives, fresh*</td>
<td>3 bunches</td>
<td>6 bunches</td>
<td>1.5 bunches</td>
<td>quarter.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>3. Mix together the raisins and dried cranberries. Then, sprinkle on peanut</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>butter.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>4. Cut one twig of chives into one inch pieces and garnish</td>
</tr>
</tbody>
</table>

*$WA product available when in season$

Approximate preparation time: 10 min.

**Tips & Variations:**

- If you apples of a smaller size than 138 ct (e.g. 163 ct), serve four apple quarters for ½ cup serving of fruit.
- Replace fresh chives with fresh parsley when unavailable or if preferred. See the [Washington Seasonality chart](#) to determine when each herb is in season.
- Experiment with different apple varieties, and try connecting this snack with a tasting activity where children can try different types of apples.
- Apples should be stored in the refrigerator in a plastic bag for up to 3 weeks.
Child Nutrition Program Food Components:

- 5/8 Cup fruit
- 0.25 oz Meat/ meat alternative

Nutrients Per Serving:

- Calories: 154 kcal
- % Calories from Fat: 25 %
- Total Fat: 4.2 g
  - Saturated Fat: 0.8 g
  - Trans fat: 0 g
- Cholesterol: 0 mg
- Sodium: 41 mg
- Total Carbohydrates: 28.6 g
  - Dietary Fiber: 3 g
  - Sugars: 21 g
- Protein: 2.5 g
- Vitamin A (215 IU): 4 %
- Vitamin C (2.1 mg): 3 %
- Calcium: 2 %
- Iron: 3 %

 Granny Smith Apples are available year round. But they are usually harvested in October in Washington State. Warm days and cool summer nights ensure crunch and flavor.

 Washington State produces about 70% of apples in the United States.

Developed by Washington State Department of Agriculture in partnership with City of Seattle Farm to Table. We would like to acknowledge Elizabeth Hulbrock, GCDP Student Intern, Nutritional Sciences, Univ. of Washington (Sep, 2014) for her work on the protocol.