

Bookworm Apple Bark – recipe adapted from [Fruits and Veggies More Matters](#)

Ingredients	50 Servings	100 Servings	25 Servings	Directions
Granny Smith Apple[§], 138 ct	25 apples	50 apples	12.5 apples	<ol style="list-style-type: none"> 1. Cut each apple into 4 quarters, starting at the stem. Remove the core by cutting away to leave a flat surface on the apple quarter. Be careful not to cut too much of the edible portion of the apple away. 2. Drop and slightly spread $\frac{1}{4}$ tablespoon of peanut butter on each apple quarter. 3. Mix together the raisins and dried cranberries. Then, sprinkle on peanut butter. 4. Cut one twig of chives into one inch pieces and garnish <p>❖ Serving Size 2 apple quarters</p>
Peanut butter	25 Tb	50 Tb	12 1/2 Tb	
Golden or black raisins	62 1/2 Tb	125 Tb	31 1/4 Tb	
Dried sweetened cranberries[§]	37 1/2 Tb	75 Tb	18.75 Tb	
Chives, fresh[§]	3 bunches	6 bunches	1.5 bunches	

§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 $\frac{1}{2}$ 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



notes

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.

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