

*Full of heart healthy fats, transportable, fun to eat, and peanut-allergen friendly. This versatile entree can be used for breakfast or lunch and can be adapted to meet the 9-12 lunch meal pattern. What's not to love?*

## Sunflower Butter Dunker Box

*Yield: 1 serving*

*Component Contribution: 1 oz WG Dessert, 1 oz M/MA, 1 Cup Fruit*



### Ingredients

- 1 Fresh Apple, Wedged
- 1 Tbsp Lemon Juice
- 1 Cup Tap Water
- 2 Tbsp Sunflower Butter
- 1 oz eq WG Graham Crackers

### Instructions

1. Wash apple in cold running water thoroughly. Remove any damaged areas.
2. Mix lemon juice and water to create an acidic solution to slow down browning.
3. Wedge apples with an apple wedger, and place wedges in lemon water.
4. Portion  $\frac{1}{4}$  cup sunflower butter in souffle cups, and add lid.
3. Place package(s) of preferred graham crackers (1oz eq WG), 1 cup of sliced apples, and 1 container of sunflower butter in a grab and go box.
4. Offer each student 1 sunflower butter dunker box.

*In a time crunch? This recipe can be modified to use prepackaged apples and sunflower butter portion cups.*

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**Nutritionals**

Calories	390	Fiber (g)	6
Total Fat (gm)	21	Sugars (g)	23
Saturated Fat (g)	2	Protein (g)	9
Cholesterol (mg)	0	Iron (mg)	2.4
Sodium (mg)	220	Calcium (mg)	147
Potassium (mg)	421	Vitamin A (iu*)	0
Carbohydrates (g)	46	Vitamin C (mg)	3.6
		Vitamin D (mcg)	0

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