



Mini Graham Crackers and Berry Nut Butter

Graham crackers go great with just about anything. This pairing, which includes fruit and peanut butter, is a tasty winner!

Ages: 3–5 years

Makes: 6 servings

Prep time: 10 minutes

Cook time: 0 minutes

the INGREDIENTS

6 cups (1 lb 9 oz) strawberries, frozen, whole, unsweetened, thawed, drained

¼ cup + 2 Tbsp peanut butter, smooth

1 ½ cups bear-shaped sweet crackers (about 1" x ½" each), whole grain-rich, 84 g or 3 oz of crackers total (see notes)

the DIRECTIONS

- 1.** Wash hands with soap and water for at least 20 seconds.
- 2.** In a medium bowl, combine strawberries and peanut butter. Use a hand or stand mixer to blend until smooth. Let sit for 10–15 minutes to settle.
- 3.** Place ½ cup strawberry-peanut butter mixture in a 6 fl oz cup or bowl. Top with ¼ cup mini graham crackers (bear-shaped) or 14 g crushed graham crackers.
- 4.** Serve 1 6 fl oz cup or bowl. Serve immediately, or keep cold at 40 °F or lower.

the NUTRITION INFORMATION

1 6 fl oz cup Mini Graham Crackers and
Berry Nut Butter

Nutrients	Amount
Calories	236

Total Fat	10 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	121 mg
Total Carbohydrate	34 g
Dietary Fiber	4 g
Total Sugars	19 g
Includes Added Sugars	N/A
Protein	4 g

Vitamin D	N/A
Calcium	82 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

Source: Team Nutrition CACFP Easy
Recipe Project

TeamNutrition.USDA.gov

the CACFP CREDITING INFORMATION

½ cup fruit
 ½ oz eq meat alternate
 ½ oz eq grains 

the CHEF TIPS

- **Contains peanuts (peanut butter) and wheat (bear-shaped sweet crackers).**
- **Choking Prevention:** Nut butters can be a choking risk for children under the age of 4.
- If not serving immediately, do not top strawberry-peanut butter mixture with crackers, store separately to prevent crackers from becoming soggy/soft.
- If serving other types of sweet crackers, nutrition information and number of crackers to serve may change. Check the Nutrition Facts label or other information on the package to make sure you purchase at least 84 g or 3 oz of sweet crackers for this recipe.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.