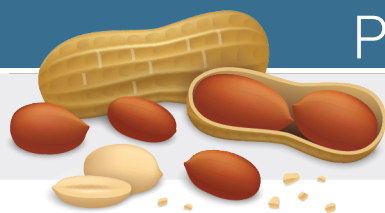


APPLE & PEANUT BUTTER TOAST



September 13

National Peanut Day




INGREDIENTS

- 8 Slices Bread (at least 28 grams each; enriched or whole grain rich)
- 8 Tablespoons Peanut Butter
- 4 Cups Apple (cut into thin slices)
- Cinnamon (to taste)

DIRECTIONS

1. Place bread in a toaster or toaster oven and toast until it's golden brown and reaches your preferred level of crispiness.
2. While the bread is still warm, spread 1 peanut butter evenly over the bread.
3. Arrange the thin apple slices neatly over the peanut butter-covered toast.
4. Sprinkle cinnamon to taste evenly over the apple-topped toast.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain
-  Fruit

MEAL TYPE

 Breakfast

YIELD

About 8 Toasts

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Slice Bread + 1 Tablespoon Peanut Butter + ¼ Cup Apple Slices	½ Slice Bread + 1 Tablespoon Peanut Butter + ½ Cup Apple Slices	1 Slice Bread + 2 Tablespoons Peanut Butter + ½ Cup Apple Slices	2 Slices Bread + 4 Tablespoons Peanut Butter + ½ Cup Apple Slices