

Bookworm Apple Bark

Preparation time: 10 minutes

- 1 Granny Smith Apple
- 1 tablespoon peanut butter
- 2½ tablespoons golden or black raisins
- 1½ tablespoons dried sweetened cranberries
- 1 small bunch of fresh chives
or fresh parsley (optional plate garnish)



Cut apple into four 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. Drop and slightly spread the peanut butter on apple quarters. Mix together the raisins and dried cranberries then sprinkle on peanut butter. Cut chives into one inch pieces and garnish.

Serves: 2

½ Cup of Fruit per Serving

Fruit and/or Veggie Color(s): Green, Purple, Red

Nutrition Information per serving: calories: 136, total fat: 4.1g, saturated fat: 0.8g, % calories from fat: 25%, % calories from saturated fat: 5%, protein: 3g, carbohydrates: 25g, cholesterol: 0mg, dietary fiber: 3g, sodium: 40mg

Each serving provides: A good source of fiber.

Recipe was developed for Produce for Better Health Foundation by Chef Mark Goodwin, CEC, CNC. This recipe meets PBH and Centers for Disease Control & Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.

Cool Fuel Cookbook 2007



Fruit & Veggie Color
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