

Super-Duper Spread

Peanut butter never tasted so good!



Level: Easy

Makes: 1 ¼ cups spread

Kids' Tool Kit

Apple peeler
Sharp knife
Cutting board
Measuring cup
Measuring spoons
Rubber spatula
Mixing bowl

Ingredients:

1 apple
1 cup peanut butter
¼ cup honey
1 teaspoon cinnamon



Directions:

Remember to wash your hands!



1. Wash, peel, core and dice apple.
2. In a medium mixing bowl, combine apple, peanut butter, honey and cinnamon until well blended.
3. Spread filling on whole wheat bread, celery sticks, graham crackers or pretzels.

Chef's Choice

Super-Duper Spread
Whole wheat bread,
celery, carrots,
graham cracker,
or bagel
Low fat milk



Helpful Hints: Cutting sandwiches into different shapes makes lunch time fun. To make small, triangle-shape sandwiches, use a sharp knife and cut diagonally across the bread, from corner to corner and again from the opposite corners. Use cookie cutters to cut out favorite shaped sandwiches. If you don't have cookie cutters, use a drinking glass to make round sandwiches. Press down firmly and twist gently to cut through the slices of bread and filling. Don't throw away the excess trimmings—kids can fit the "puzzle pieces" together and eat these shapes first!



Safety Tips: This spread should not be fed to kids under age 2. Diced apples and peanut butter could cause choking in young children. And remember, if you have leftover spread, keep it in the fridge because of the diced apple.

Nutrition Facts

Serving Size 1/4 cup (111g)
Servings Per Container 5

Amount Per Serving
Calories 380 **Calories from Fat 240**

	% Daily Value*
Total Fat 26g	40%
Saturated Fat 5g	27%
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 31g	10%
Dietary Fiber 4g	18%
Sugars 22g	
Protein 13g	

Vitamin A 0% • Vitamin C 4%
Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.