

# Graham's Peanut Butter and Fruit Dippers

**Number of Portions:** 100

**Portion Size:** Grades K-12: see directions

## INGREDIENTS:

K-12  
Quantities:

Strawberries, frozen 		25 cups
Peanut Butter, smooth 		12 ½ cups
Bananas, sliced, frozen		25 cups
Strawberries, fresh		12 ½ cups
Graham Crackers, whole grain-rich		100 crackers (28g)

 = Available through USDA Foods



## DIRECTIONS:

### PREPARE PEANUT BUTTER AND FRUIT DIP:

Thaw frozen strawberries and bananas. In a mixer, using the paddle attachment, combine thawed strawberries with their juice, thawed bananas, and peanut butter.

### NOTE:

Fresh or canned bananas can be substituted in this recipe. A new standardized recipe will need to be created accordingly.

### PREPARE STRAWBERRY GARNISH:

Wash, trim, and quarter fresh strawberries.

### PREPARE GRAHAM'S PEANUT BUTTER AND FRUIT DIPPER:

Place ½ cup (#8 scoop) of peanut butter and fruit dip mixture into a bowl and top with ⅓ cup (#30 scoop) of fresh strawberries. Serve chilled with graham crackers on the side.



Estimated  
Food Cost:

51¢



CALORIES  
426

SATURATED FAT  
4.11g

SODIUM  
279.77mg

## Chef Brenda's Tips

-  This is an easy kid favorite! The peanut butter and fruit mixture can be prepared the day before and portioned out to be ready to serve the next morning. Note: If making the day before, the bananas will oxidize in this recipe. Be sure to place plastic wrap directly on top of the product to prevent any air coming in contact with the dip.
-  This recipe is best when the strawberries are chunky and identifiable, not pureed. A fresh strawberry garnish adds further appeal to this dish. For an alternate presentation, mix the fruit in the mixer and serve the 2 tablespoons of peanut butter in the center.
-  For Breakfast in the Classroom or Grab 'n Go, serve the peanut butter mixture in a bowl with crackers on the side for dipping.
-  Use a peanut-free butter for peanut-free schools.

GRADES K-12		
<b>RECIPE CONTRIBUTIONS:</b>	<b>Grains Contribution</b>	<b>2.0 oz eq</b>
	<i>Grains Total</i>	1.0 oz eq
	WGR Graham Crackers	1.0 oz eq
	<i>Meats/MA Total</i>	1.0 oz eq
	Peanut Butter	1.0 oz eq
	<b>Fruits/Vegetable Contribution</b>	<b>5/8 cup</b>
	<i>Fruit Total</i>	0.625 cup
	Banana frozen	0.25 cup
	Strawberries, frozen	0.25 cup
	Strawberries, fresh	0.125 cup

