



Apple Bark

Servings:

2

Ingredients:

- 1 Apple
- 1 Tablespoon peanut butter
- 2 ½ Tablespoons golden or black raisins
- 1 ½ Tablespoons dried sweetened cranberries

Directions:

1. Cut apple into four quarters. Remove the core by cutting away to leave a flat surface on the apple quarter.
2. Spread the peanut butter on the apple quarters.
3. Sprinkle the raisins and cranberries on peanut butter.

Nutrition Facts

Serving Size 1/2 apple (119g)
Servings Per Container 2

Amount Per Serving

Calories 160 **Calories from Fat** 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 35mg **1%**

Total Carbohydrate 31g **10%**

Dietary Fiber 4g **16%**

Sugars 23g

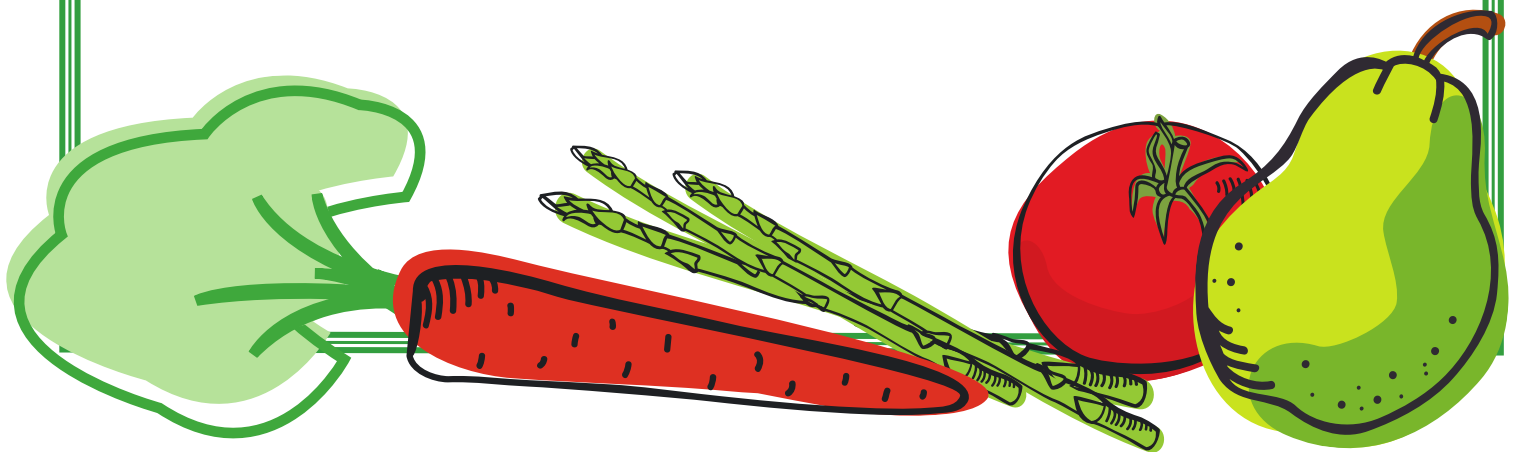
Protein 2g

Vitamin A 0% • Vitamin C 8%

Calcium 2% • Iron 2%

*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



This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP in cooperation with Maryland's Department of Human Services and University of Maryland Extension. The University of Maryland Extension will not discriminate against any person because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry or national origin, marital status, genetic information, political affiliation, and gender identity or expression.

UNIVERSITY OF
MARYLAND
EXTENSION

