



APPLE NACHOS

Recipe Project Name/Written By:	American Dairy Association Indiana
Recipe Category: Breakfast, Grab n' Go, Quick Scratch	
Cooking Process:	#1 No Cook
Prep Time:	10 minutes
Cook Time:	
Total Time:	10 minutes
K-12 Portion Size:	1/2 cup apples + 1/2 cup yogurt + 1 ounce granola

Meal Pattern Contribution: 6-12: 1 oz eq WGR grain, 1 oz eq m/ma, 1/2 cup fruit

INCDEDIENTS	16 Servings 64 Servings		rvings	DIDECTIONS		
INGREDIENTS	Weight	Measure	Weight	Measure	DIRECTIONS	
Nut or seed butter		1/3 c		11/3 c	CCP: No bare hand contact with ready to eat food.	
Apples, sliced		2 qt		2 gal	1. Warm nut or seed butter until pourable.	
Yogurt, vanilla, low-fat, reduced sugar	4 lb		16 lb		2. Arrange 1/2 cup apple slices in a boat.	
Granola, WG, reduced sugar	1 lb		4 lb		3. Top with 1/2 cup yogurt.	
Chocolate chips, semisweet, mini		1/3 c		11/3 c	4. 1 tsp nut or seed butter (optional)	
					CCP: Hold and serve at 41° F or below.	

APPLE NACHOS NUTRITION INFORMATION Serving Size 1 each (1/4 cup yogurt) NUTRIENTS **AMOUNT Calories** 260 **Total Fat** 6 g Saturated Fat 1 g Cholesterol 3 mg Sodium 155 mg **Total Carbohydrate** 46 g Dietary Fiber 6 g **Total Sugars** 21 g Added Sugars 11 g 8 g **Protein** Vitamin D 2 mcg Calcium 106 mg Iron 1.1 mg Potassium 277 mg

ALLERGENS: Milk, Peanuts, Wheat

N/A=data not available.

Allergen and nutrient information may vary based on the specific products and ingredients used on site.

*MARKETING GUIDE

Food as Purchased for	16 Servings	64 Servings
Apples, 125-138 count, whole	2 lb 3 oz	8 lb 11 oz

NOTES				
*See Marketing Guide for AP (As Purchased) weights when EP (Edible Portion) weights are provided in the recipe.				
1/4 cup yogurt (.5 oz eq m/ma) may be served instead of 1/2 cup for grades K-5.				
Nut/seed butter and mini chocolate chips are optional but fun!				

YIELD/VOLUME				
16 Servings	64 Servings			
N/A	N/A			

