



Total Time
5 MIN.


Serving & Size
SERVING (SEE INSTRUCTIONS)

Difficulty
EASY


Yields
1

Try Goldfish® Grahams Breakfast Combo to help kids start their day at 100%! Dunk apples with a nut butter and top with Goldfish® Grahams Baked with Whole Grain Honey Bun. Crisp apple, smooth nut butter and crunchy Goldfish® Grahams make a fun, delicious and nutritious reimbursable breakfast.

Nutrition Facts	
Serving Size	SERVING (SEE INSTRUCTIONS)
Amount Per Serving	
Calories 586	
% Daily Value	
Total Fat 22.5g	35%
Saturated Fat 2.5g	13%
Cholesterol 5mg	2%
Sodium 438mg	18%
Total Carbohydrate 83.6g	28%
Dietary Fiber 4.3g	17%
Protein 16.9g	34%
Vitamin A 0%	Vitamin C 53%
Calcium 28%	Iron 18%

INGREDIENTS	WEIGHT	MEASURE
Red Delicious apple, unpeeled, cored, sliced	2 oz.	1/2 cups
sunflower seed butter		2 tbsp.
 Goldfish® Grahams Baked with Whole Grain Honey Bun		1 pkg.
fat free chocolate milk		8 fl oz.
orange juice		4 fl oz.

INSTRUCTIONS
Pair **Goldfish®** Grahams Baked with Whole Grain Honey Bun (1 oz grain equivalence) with 1/2 cup of apples, 2 Tbsp. of peanut butter or sunButter, 4 oz 100% orange juice and 8 oz of non-fat chocolate milk to form a reimbursable breakfast. Packaging it all the elements into a disposable container to make it a grab-and-go option.

 **TIP**
Can substitute with peanut butter.