

Apple Knockers

Breads/Fruits

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Source: Adapted from Florida Child Care Food Program Cookbook 2007

Ingredients	25 Servings		50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	Weight	Measure	
Whole Grain Bread		25 slices		50 slices		100 slices	<ol style="list-style-type: none"> 1. Beat eggs, milk, vanilla, and smaller cinnamon (1/4tsp, 1/2 tsp, or 1 tsp) portion together. 2. Dip slices of bread into egg mixture. Place on greased cookie sheets. 3. Bake in oven at 425° F until golden. 4. While bread squares are baking, mix applesauce and remaining cinnamon. 5. Serve 1/2 c applesauce over 1 slice of bread.
Egg Substitute		4 cup		8 cup		16 cup	
1% Lowfat Milk		3 cup		6 cup		12 cup	
Cinnamon		2 Tbsp		4 Tbsp		8 Tbsp	
Cinnamon		1/4 tsp		1/2 tsp		1 tsp	
Vanilla Flavoring		1 tsp		2 tsp		4 tsp	
Applesauce Unsweetened w/ Added Vitamin C	1-108oz. can		2-108oz. cans		4-108oz. cans		

Serving:	Yield:	Volume:
1 serving provides the equivalent of 1 fruit/vegetable and 2 bread servings.	25 Servings:	25 Servings:
	50 Servings:	50 Servings:
	100 Servings:	100 Servings:

Nutrients Per Serving					
Calories	240	Saturated Fat	1.5 g	Iron	2.2 mg
Protein	10 g	Cholesterol	0 mg	Calcium	120.69 mg
Carbohydrate	37 g	Vitamin A	184 IU	Sodium	250 mg
Total Fat	6 g	Vitamin C	26.6 mg	Dietary Fiber	5 g
Calories from Fat	50 (21%)				

Source: Adapted from Florida Child Care Food Program Cookbook, 2007. http://www.doh.state.fl.us/CCFP/Nutrition/Children/cover_intro_toc.pdf