

CRUNCH PAK®

BACK TO SCHOOL EATS

AND ACTIVITIES





**BACK-TO-SCHOOL
SEASON IS SO
MUCH SWEETER
WITH YOUR
FAVORITE APPLES!**

**CHECK OUT SOME
OF OUR FAVORITE
FAMILY RECIPES!**



ANY MORNING PANCAKES

1 cup all-purpose flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1 tablespoon sugar
Pinch of salt
1 large egg
1 1/2 to 2 cups buttermilk
2 tablespoons coconut oil
Crunch Pak Sweet Apple Slices
Strawberries, halved
Blueberries



1. In a large mixing bowl, whisk the egg.
2. Add the buttermilk and coconut oil, then the rest of the ingredients and mix until smooth. If the batter seems thick, add a little more milk or water.
3. Grease pan, and cook pancakes on medium heat. It's hot enough when water drops can bounce off.
4. When pancakes bubble and edges are set, flip and cook until both sides are brown.
5. Serve with maple syrup and top with sweet apple slices, strawberries and blueberries. Enjoy!

EASY APPLE STRAWBERRY DUMP CAKE

1 3/4 cup (1 1/2 sticks) unsalted butter, cubed
1 pack Crunch Pak Sweet Apple Slices or Mixed Apple Slices
1/5 cup strawberries, sliced
1/2 teaspoon ground cinnamon
Store-bought Vanilla Cake Mix



1. Heat oven to 350°F. Spray 13x9-inch pan with cooking spray.
2. Spread apples and strawberries evenly in bottom of pan. Top with dry cake mix, cubed butter and cinnamon; gently shake pan to distribute evenly.
3. Bake 45 to 50 minutes or until light golden brown, mostly dry on top and bubbly around edges.

HONEY APPLE BREAKFAST PARFAITS

1 1/2 cups Greek yogurt
2 tablespoons honey
1/2 cup of granola
1 teaspoon vanilla
1 pack of Crunch Pak Sweet
Apple Slices, dice
Additional honey, cinnamon,
apples and strawberries for
topping, if desired



1. In a medium bowl, add the yogurt, honey, and vanilla. Stir well to combine.
2. Add 1/2 of the yogurt to the bottom of a sturdy glass or bowl. Use the back of a spoon to spread the yogurt gently to the edge of the glass. Top with apples (1/4), 1/4 cup of granola, then more yogurt (1/2).
3. Sprinkle with remaining apples and granola and drizzle with honey and strawberries. Serve.

APPLES & GREENS SMOOTHIE BOWL

1/2 Cup of frozen banana
1 Cup of frozen pineapple
1 Cup of diced Crunch Pak apples
2 Large handfuls of spinach
2 Cups of almond milk
2 Tablespoons of honey
Topping:
Blueberries
Sliced almonds
Chia seeds
Kiwi



1. Blend all ingredients together in a blender or Vitamix until smooth and creamy. Add in more almond milk if needed, to reach desired consistency.
2. Top bowl off with toppings! Serve immediately.

APPLE POP TARTS

BY @WIFEMAMAFOODIE



3 cups chopped Crunch Pak apples
1/3 cup coconut sugar, brown sugar, or pure cane sugar
1 teaspoon lemon juice + 1/2 teaspoon lemon zest, optional
1 teaspoon ground cinnamon
1/4 cup water
1 tablespoon cornstarch
2 refrigerated pie crusts or double pie crust recipe (use gluten-free, if needed)
egg wash, optional

Glaze: (optional)
1 1/2 cups powdered sugar
1 teaspoon vanilla extract
1-2 tablespoons milk of choice

1. Preheat oven to 375F. Roughly chop apples into small cubes. Place apples, sugar, and lemon juice/zest into a medium saucepan and cook over medium-high for several minutes, until apples begin to release juices and become tender.
2. In a small bowl, stir together cornstarch and water. Stir into apple mixture and cook until sauce has thickened. Remove from heat let cool.
3. Place one of the pie crusts on a lightly floured surface and roll into a rectangle shape. Trim the rounded borders, sparingly, to make a rectangle with four straight edges. Cut rectangle into 6 even squares/rectangles. Each pie crust will yield 3 large pop tarts, but you can make slightly smaller pop tarts and get 8 even sections in each pie crust, giving you 8 instead of 6 pop tarts altogether.
4. Place a generous spoonful of apple filling into the center of three of the cut pieces of pie dough, brush the edges with water or egg wash, then place the other halves over the side with the pie filling and press the edges together. Use the back of a fork to crimp the edges of each pop tart. Repeat with the second pie crust.
5. Place all of the prepared pop tarts onto a baking sheet lined with parchment paper. Brush with egg wash, then bake in the preheated oven for 20-25 minutes, or until crust is golden brown. Let pop tarts cool completely before drizzling with glaze.
6. To make glaze: combine powdered sugar, vanilla, and 1-2 tablespoons of milk into a small mixing bowl, whisking until glaze is smooth. Add additional milk, if needed to get the right consistency.
7. Drizzle glaze over pop tarts and serve.

APPLE POMEGRANATE NICE CREAM

BY @HEALTHYLITTLEVITTLES

12 frozen Crunch Pak
Peeled Apple Slices
2 frozen bananas
4 tbsp pomegranate juice
1 tsp pure vanilla extract

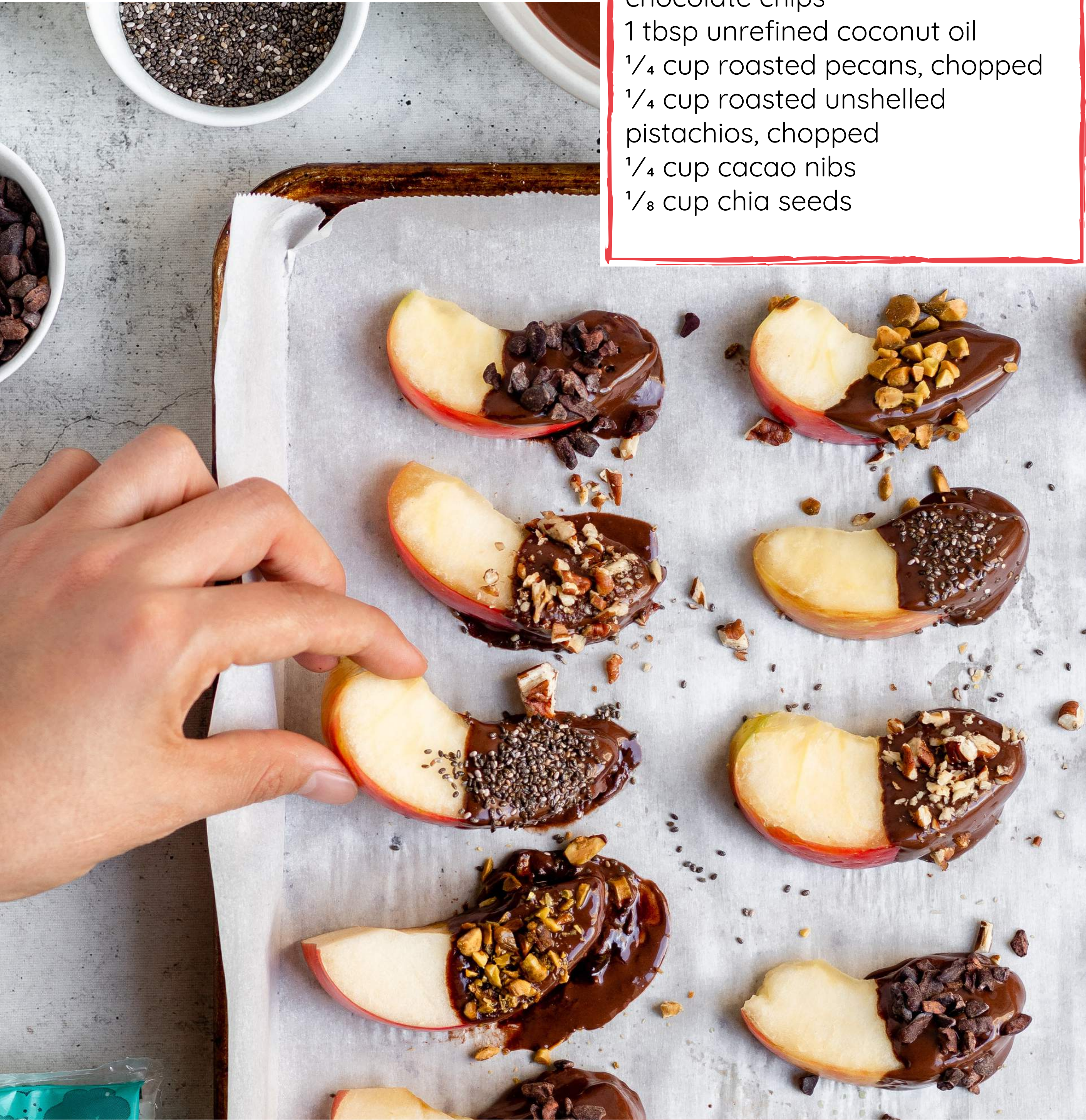


1. *NOTE: freeze your apple slices and bananas the night before.
2. In a high speed blender, blend everything until smooth, stopping to stir if needed. Your mixture should resemble soft serve ice cream and not a smoothie- so add the pomegranate juice 1 tablespoon at a time.
3. Serve on gluten-free ice cream cones if desired.
4. If you're making your ice cream into bunnies, cover two banana slices with dairy-free white chocolate and sprinkles, attach them together and then place a jelly bean in the center for the nose, and almond slices for the teeth.

CHOCOLATE DIPPED APPLES

BY @THEMINDFULHAPA

1 pack Crunch Pak Honeycrisp Apple Slices (or Crunch Pak apple slices of choice)
 $\frac{3}{4}$ cup semi sweet or dark chocolate chips
1 tbsp unrefined coconut oil
 $\frac{1}{4}$ cup roasted pecans, chopped
 $\frac{1}{4}$ cup roasted unshelled pistachios, chopped
 $\frac{1}{4}$ cup cacao nibs
 $\frac{1}{8}$ cup chia seeds



1. Line a baking tray with parchment paper and set aside.
2. Melt the chocolate chips and coconut oil in a microwave-safe bowl for 45 seconds. Remove from the microwave and stir. Continue microwaving, stirring every 30 seconds until the chocolate has melted and you have a smooth consistency.
3. Line your apple slices on the parchment-lined baking tray. Dip each slice in chocolate and place back down on the tray.
4. Sprinkle one quarter of the apple slices with the pecans, one quarter with the chia seeds, one quarter with the pistachios, and one quarter with the cacao nibs.
5. Place baking tray in the fridge for about 10-15 minutes, or until chocolate has hardened and the toppings are set.
6. Store chocolate dipped apple slices in an airtight container in the fridge for 4-5 days.



CRUNCH PAK CRAFT TIME

Double up on after-school snack time and feed their imagination as well with our Crunch Pak Crafts and Activities.



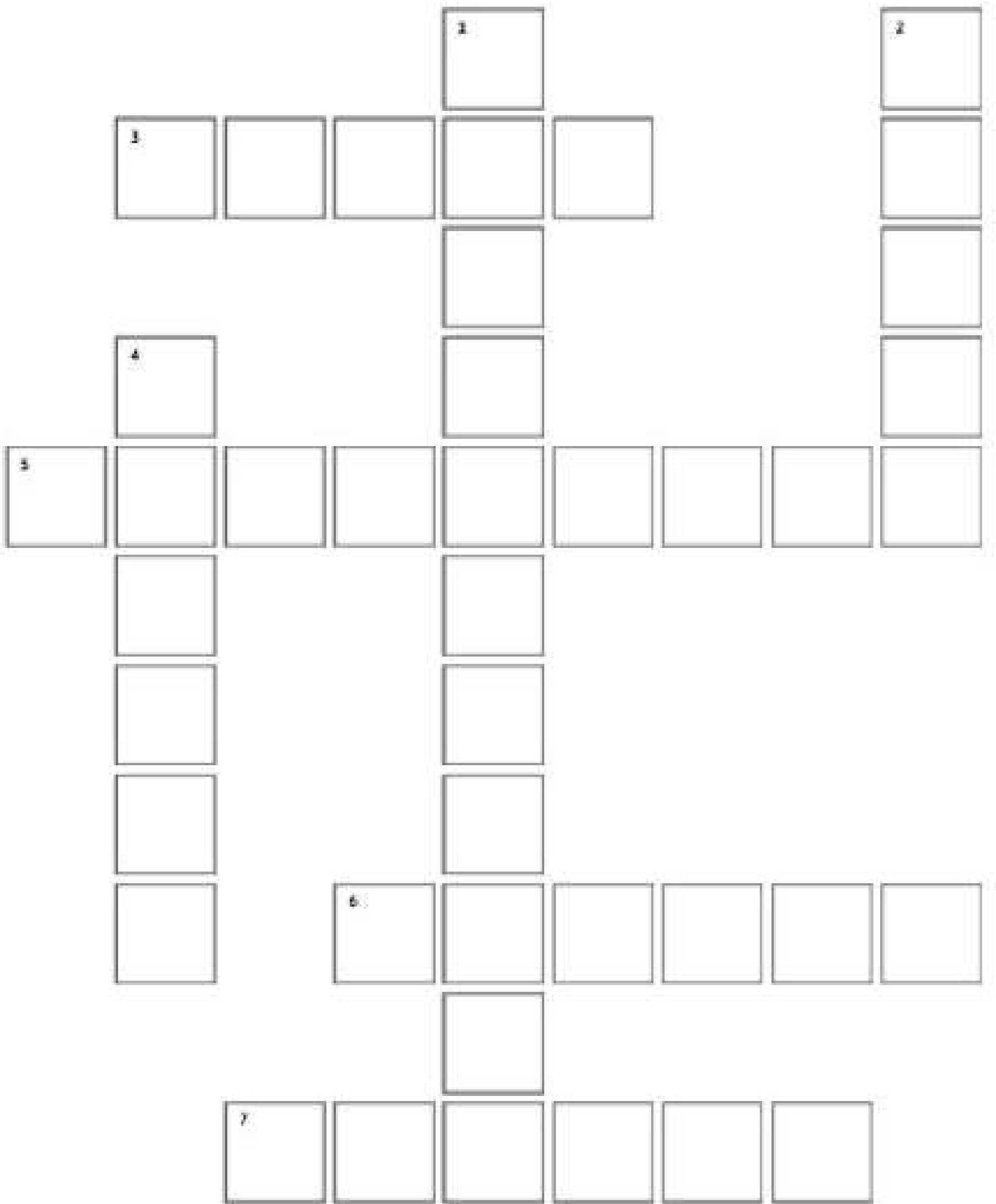
CRUNCH PAK CRAFT TIME

1. Once you've eaten all of the delicious snacks out of your Crunch Pak Dipperz, clean it with a paper towel and pull off the film.
2. Paint the outside of the package your favorite color! Set aside to dry.
3. Paint two toilet paper rolls black. Set aside to dry.
4. Once dry, tape the toilet paper rolls to the Dipperz container to create your own car!
5. Option: customize your car with your initials using a pen or sticker letters.



1. Once you've eaten all of the delicious snacks out of your Disney Foodle, clean it with a paper towel and pull off the film.
2. Fill the inside of the snack pack with glitter, confetti and anything else you think would be fun!
3. Glue a piece of paper to the back of snack pack and cut along the shape of the snack pack.
4. Tape or glue a popsicle stick on the back of the snack pack so that you can hold it up.
5. Fold a piece of paper in half and cut half a heart to make the perfect paper heart.
6. Write a message for someone on it with colorful markers or sticker letters.
7. Glue it or tape it to the front of the Foodle!

CRUNCH PAK CROSSWORD



ACROSS

- 3. What kind of food is an apple?
- 5 A smaller version of an orange.
- 6. What is the season after spring?
- 7. What food do you say when smiling for a picture?

DOWN

- 1. Who is the leader of the Disney crew?
- 2. One a day keeps the Doctor away.
- 4. This veggie helps with your vision!

ACROSS
3. Fruit
5. Tangerine
6. Summer
7. Cheese
DOWN
1. Mickey Mouse
2. Apple
3. Carrot



CRUNCH PAK®

**THANK
YOU!**

SUBSCRIBE TO OUR
NEWSLETTER FOR MORE FUN
FAMILY RECIPES AND CRAFTS!

