



Total Time
5 MIN.

Serving & Size
1 SERVING (SEE INSTRUCTIONS)

Difficulty
EASY

Fun to dip, great to eat! Sun Dippers combine Goldfish® Vanilla Giant Grahams® and Sun Butter for a delightful peanut free alternative.

Yields
24

INGREDIENTS

WEIGHT

MEASURE



Pepperidge Farm® Giant Goldfish® Grahams Made with Whole Grain Vanilla, 0.9 oz each

24 pkg.

sunflower seed butter

3 cups

INSTRUCTIONS

- Using a #30 scoop, portion 2 tablespoons sunflower butter in a 3 oz. container with lid.
- Place sunflower butter and Goldfish® Vanilla Giant Grahams® spoon a clamshell container. Serve immediately.

Nutrition Facts

Serving Size	1 SERVING (SEE INSTRUCTIONS)	
Amount Per Serving		
Calories 314		
	% Daily Value	
Total Fat 21.6g		33%
Saturated Fat 2.5g		13%
Cholesterol 0mg		0%
Sodium 208mg		9%
Total Carbohydrate 25.8g		9%
Dietary Fiber 2.8g		11%
Protein 6.5g		13%
Vitamin A 0%	Vitamin C 1%	
Calcium 9%	Iron 19%	



TIP

Use peanut butter in place of sunflower butter.

For a complete reimbursable breakfast, offer with a whole piece of fruit and 8 oz. low fat milk.