



HEALTHY APPLE NACHOS

September 21

National Eat an Apple Day

INGREDIENTS

- 1 Pound Apples (thinly sliced)
- ¾ Cup Peanut Butter
- Granola (optional topping)

DIRECTIONS

1. Wash and core your apple, then cut it. Start with quartering the apple and slice into smaller sections from there. Aim to make each slice ¼-inch thick or less.
2. On a large plate, layer your apple slices as you would nacho chips. Reduce the amount of space between each slice so toppings don't fall through, but don't overlap them too much. The goal is for each apple slice to have an even layer of topping.
3. In a microwave safe dish, heat your peanut butter until just melted, about 20-seconds. If you don't have a microwave, melt it in a small saucepan over medium-low heat.
4. While it's still warm, drizzle the peanut butter over your apple slices. Sprinkle granola, if using, and enjoy immediately.

MEAL PATTERN CONTRIBUTION

- 🍏 Fruit
- 🥩 Meat/Meat Alternate

MEAL TYPE

- ☀️ Snack

YIELD

3 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup Apple Slices + 1 Tablespoon Peanut Butter	½ Cup Apple Slices + 1 Tablespoon Peanut Butter	¾ Cup Apple Slices + 2 Tablespoons Peanut Butter	½ Cup Apple Slices + 2 Tablespoons Peanut Butter