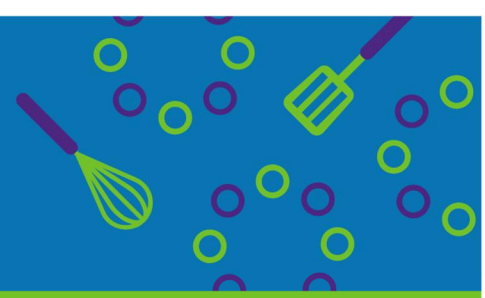


Apple Nachos



PREP TIME: 10 min

SERVES: 1

INGREDIENTS:

1 Large apple of your choice

2 TSBP cup of creamy peanut,
nut, or seed butter

Sprinkle of cinnamon

1 tsp lemon juice

Optional Toppings:

1 TSBP of chocolate chips

1/4 TSBP of slivered almonds

2 tsp of maple syrup

1 tsp of raisins

1 tsp chia seeds

1 sliced banana

1 tsp of shredded coconut

DIRECTIONS:

1. Thinly slice the apple and place on a flat
serving plate.

2. In a small bowl, mix together the peanut
butter, cinnamon, and lemon juice. Drizzle
over the apple slices.

3. Top with any optional toppings and serve!

SUBSTITUTIONS: Optional: Bake your plate once all toppings are added!

Microwave for 60-75 seconds, or bake at 300 degrees F for 2-3 minutes.



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