

Apple Nachos

Makes 6 servings; ½ cup per serving
Per serving: 167 Calories; 1.1 g Saturated Fat; 66 mg Sodium

Ingredients



⅓ cup dried,
unsweetened
raisins or
cranberries



¼ cup sliced
almonds
(unsalted)



2 tablespoons
unsalted, shelled
sunflower seeds



3 Red or Green
Apples



1-2 teaspoons
lemon juice
(optional)



¼ cup reduced-fat,
smooth
peanut butter



2 tablespoons
water



1 tablespoon
honey

Tools Needed



Measuring
cups & spoons



Spoon



Plate



Apple slicer



2 Bowls



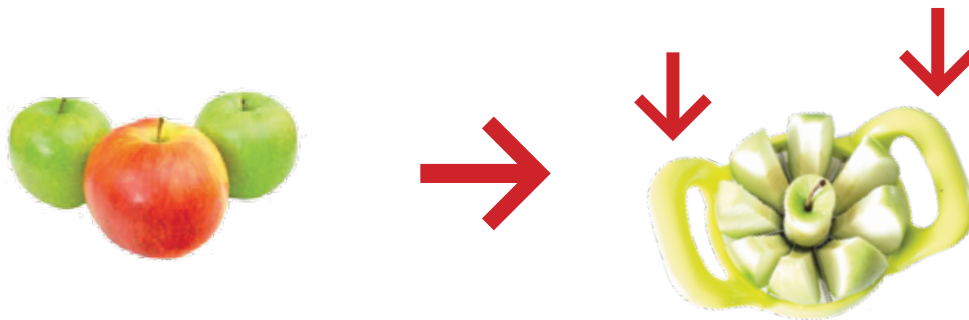
Microwave

Directions

In a small bowl, combine $\frac{1}{3}$ cup of raisins, $\frac{1}{4}$ cup of sliced almonds and 2 tablespoons of sunflower seeds.



Use the apple slicer to cut the apples into pieces.



Layer half of the sliced apples on a large plate.



If the apple slices will be sitting out for awhile, sprinkle 1-2 teaspoons of lemon juice over them to prevent browning.



5

Warm up 2 tablespoons of water in a small bowl for 15 seconds.



2 tablespoons



6

Add $\frac{1}{4}$ cup peanut butter and 1 tablespoon honey to the warm water and stir until smooth.



$\frac{1}{4}$ cup



1 tablespoon



7

Use a spoon to drizzle half of the bowl's mixture over the apple slices on the plate.



$\frac{1}{2}$
➔



8

Sprinkle half of the raisin/nut mixture on top of your apples.



9

Layer the rest of the sliced apples on top.



10

Drizzle with remaining peanut butter and raisin mixtures.



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