

Apple Nachos

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

Ingredients



1/3 cup dried, unsweetened raisins or cranberries



1/4 cup sliced almonds (unsalted)



2 tablespoons unsalted, shelled sunflower seeds



3 Red or Green Apples



1-2 teaspoons lemon juice (optional)



1/4 cup reduced-fat, smooth peanut butter



2 tablespoons water



1 tablespoon honey

Tools Needed



Measuring cups & spoons



Spoon



Plate



Apple slicer



2 Bowls

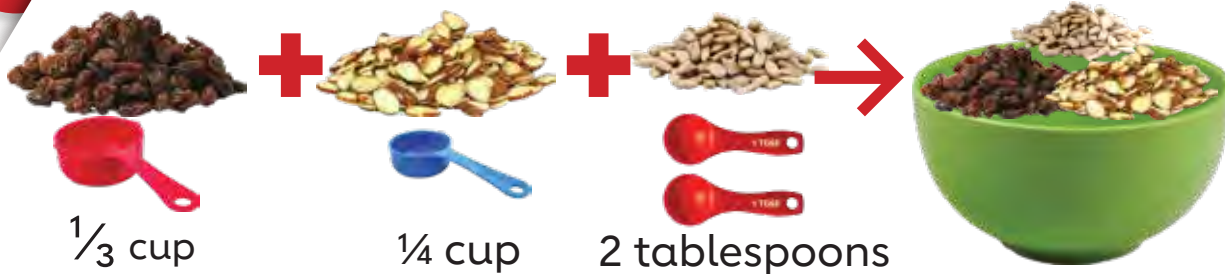


Microwave

Directions

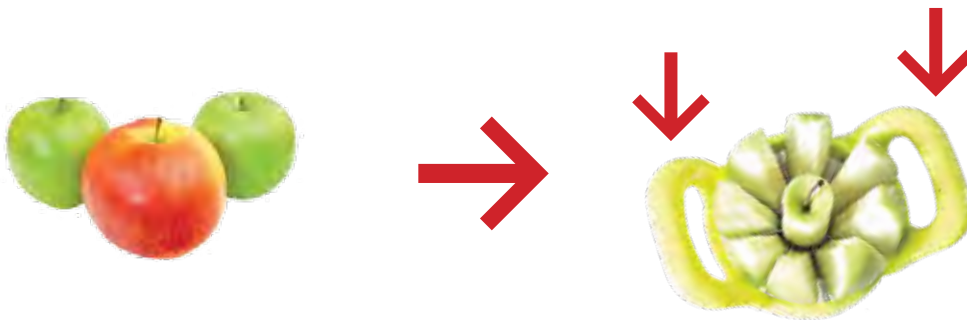
In a small bowl, combine $\frac{1}{3}$ cup of raisins, $\frac{1}{4}$ cup of sliced almonds and 2 tablespoons of sunflower seeds.

1



2

Use the apple slicer to cut the apples into pieces.



3

Layer half of the sliced apples on a large plate.



4

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.



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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