

Apple Sandwiches



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Serves: 2
Prep: 10 minutes

INGREDIENTS

- 1 medium apple
- 2 tablespoons peanut butter
- 1 tablespoon raisins

DIRECTIONS

1. Wash hands with soap and water.
2. Cut apple in half from the stem down and lay each half cut-side down on the cutting board. Slice each half into 6 half-pound slices and cut out the core.
3. Spread 1/2 teaspoon peanut butter on one side of each apple slice.
4. Put 4-6 raisins on top of the peanut butter on one apple slice. Top with another apple slice, peanut-butter side down. Squeeze gently.
5. Continue with remaining apple slices and serve.

Notes:

- Sprinkle the peanut butter with grated carrot, chopped nuts, seeds or granola instead of, or along with, the raisins.
- Try other nut or seed butters, such as almond, hazelnut or sunflower seed.
- Use other dried fruit pieces, such as cherries or cranberries.



Nutrition Information	
Serving Size: 1/2 of recipe	
Calories	147
Total fat	9 g
Saturated Fat	2 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	58 mg
Carbohydrates	16 g
Fiber	3 g
Sugars	11 g
Protein	4 g

Recipe adapted from: MyPlate
USDA