



Apple Slices With The Works

Apple slices with peanut butter are one of my kids' favorite snacks. In this version, I use regular peanut butter, soy nut butter, or homemade chocolate peanut butter to top apple slices, then sprinkle granola over them for a sweet and savory snack that's healthy, too.

Look for chocolate peanut butter or soy nut butter at your local health food store, such as Wild Oats or Whole Foods. Some larger supermarkets carry these gourmet nut butters, too.

Prep Time: 5 minutes

Total Time: 5 minutes

Ingredients:

2 apples

3-4 Tbsp. peanut butter, chocolate peanut butter or chocolate soy nut butter

2 Tbsp. granola

Preparation:

1. Wash and core apples. Slice crosswise into 1/4-inch slices.
2. Spread nut butter over apple slices.
3. Sprinkle granola over top.