

Paint Me a Snack!



Apples with Nut Butter and Cheese

Serves: 1 | *Serving Size:* 1 plate

Ingredients:

1/2 of an apple
Lemon juice
1 ounce of cheese
1 tablespoon nut butter

Directions:

Slice the apple half into thin wedges and paint the wedges with a mixture of lemon juice and water to reduce browning.

Use a vegetable peeler to shave the cheese into thin strips.

Dip a pastry brush in the nut butter and paint the butter in a line down the middle of the plate.

Arrange the apples on top of the brushed nut butter.

Top each slice with a bit of cheese and serve.

Nutrition Information:

Serves 1. Each serving contains 255 calories, 17 g fat, 8 g saturated fat, 0 g trans fat, 39 mg cholesterol, 178 mg sodium, 15 g carbohydrate, 3 g dietary fiber, 12 g sugar, and 11 g protein.

Each serving has 7% DV vitamin A, 7% DV vitamin C, 22% DV calcium, and 4% DV iron.

Chef's Tips:

Stick to apples that are crispy in order to get the best crunch on your plate.

If you don't have a pastry brush, don't worry! You can spread the nut butter with a knife and make lines on it with a fork.

To eat, use an apple slice to scrape up a little bit of nut butter, then top with a slice of cheese. It's fun!

There are lots of nut butters that would be perfect in this dish. Try almond butter, sunflower seed butter, peanut butter, nutella, cashew butter, etc. The possibilities are endless!

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