

Apple Sandwiches

Breakfast is the most important meal of the day. It's what fuels our bodies to keep us moving throughout the day. So start your day off right and fuel up with this quick and easy recipe.

Makes: 2 Servings
Prep Time: 10 mins

Source: [FoodHero.org/recipes](https://www.foodhero.org/recipes)

Ingredients

- 1 medium apple
- 2 Tablespoons peanut butter
- 1 Tablespoon raisins

Directions

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

Utensils Needed

- Measuring spoons
- Chef & butter knives
- Cutting board



Click image to watch the recipe video



Nutrition Information

| Serving Size: 1/2 an apple | |
|----------------------------|--------|
| Nutrients | Amount |
| Calories: | 150 |
| Total Fat: | 8 g |
| Saturated Fat: | 1.5 g |
| Cholesterol: | 0 mg |
| Sodium: | 70 mg |
| Total Carbohydrates: | 19 g |
| Dietary Fiber: | 3 g |
| Total Sugars: | 13 g |
| Added Sugars: | 1 g |
| Protein | 4 g |
| Vitamin D | 0 mcg |
| Calcium | 15 mcg |
| Iron | 0 mg |
| Potassium | 212 mg |

SHOPPING LIST

Average total cost of ingredients without oil and seasonings: \$7.59

Average cost/serving: \$3.79

Makes: 2 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Some items are bought in bulk and can be used in various other recipes.

Ingredients



Add 1 to Cart
Fresh Apple



Add 1 to Cart
Reduced Fat Peanut Butter, 16 oz



Add 1 to Cart
Raisins, 6 Pack of 10 oz boxes

SAVE TIME, SAVE MONEY

Ingredient Substitutions

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

My Cooking Notes

Similar Recipes

- Cut on costs by reusing these ingredients in other recipes found on snapedny.org, such as:
 - Fruit Pizza
 - Overnight Oats
 - Fruit Salad with Yogurt
 - Kale with Nuts & Raisins
 - Apple Cranberry Salad
 - Apple Corn Chili