

# Loaded Apple Slices

This easy snack is nutritious and tasty!

Makes: 2 servings  
Prep Time: 10 mins

Source: <https://www.foodhero.org/recipes/apple-sandwiches>

## 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.
4. Continue with remaining apple slices.



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 1/2 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

## Utensils Needed

- Cutting board
- Sharp knife
- Measuring spoons
- Butter knife or spoon

# SHOPPING LIST

Average total cost without oil and seasonings: \$4.27

Average cost/serving: \$2.14

Recipe 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.

## Ingredients



Add 1 to cart  
Apple (medium)



Add 1 to cart  
Raisins (6-pack)



Add 1 to cart  
Peanut Butter (16 oz)

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Cooking Tips

- Pick whatever kind of apple you like best.
- For a heartier snack, sprinkle some granola on top.

### Similar Recipes

- Cut on costs by reusing these ingredients in other recipes found on [snapedny.org](http://snapedny.org), such as:
  - Broccoli Raisin Salad
  - Peanut Butter Yogurt Dip