



Gran-Apples

Prep Time: 15 minutes

Cost per serving: \$0.49

What you need:

Utensils:

- Measuring cups & spoons
- Spoon
- Small bowl
- Cutting board & knife

Ingredients:

- 3 medium red apples
- 6 tablespoons creamy peanut butter
- 1 cup low-fat granola

Optional:

- 1 cup raisins
- 1 cup grape nuts or low-fat cereal

What to do:

1. Wash your hands and clean your cooking area.
2. Wash and cut apple into quarters and remove seeds.
3. Insert a toothpick into bottom half of apple.
4. With a spatula, spread peanut butter on each side of each apple quarter, using about 1 teaspoon for each apple piece.
5. Pour granola, other desired low-fat cereal, or raisins on a plate and dip both sides of apple in topping of your choice.
6. Serve immediately.



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Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Container 2	
Amount Per Serving	
Calories 270	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 44g	15%
Dietary Fiber 5g	20%
Sugars 31g	
Protein 6g	
Vitamin A 6%	Vitamin C 4%
Calcium 2%	Iron 10%