APPLE “COOKIES”

Time: 5 minutes / Servings: 1

INGREDIENTS

1 Apple of your choice
1 Tbsp peanut butter
1 Tbsp sliced almonds
1 tsp mini chocolate chips
1 tsp dried cranberries
1 tsp shredded coconut

DIRECTIONS

1. Slice apple into thin rings and remove seeds
2. Spread peanut butter over one side of each ring
3. Sprinkle toppings over rings
4. Enjoy!

NUTRITION FACTS (PER SERVING):

Calories: 235, Total Fat: 11g, Saturated Fat: 2g, Cholesterol: 0mg, Sodium: 75mg, Carbohydrates: 33g, Fiber: 7g, Protein: 4g, Vitamin A: 2%, Vitamin C: 8%, Calcium: 1%, Iron: 5%

Recipe adapted from: http://rachelschultz.com/2014/04/09/apple-cookies/