Apple Nachos

Makes 6 servings; ½ cup per serving
Per serving: 167 Calories; 1.1 g Saturated Fat; 66 mg Sodium

Ingredients

1/3 cup dried, unsweetened raisins or cranberries
1/4 cup sliced almonds (unsalted)
2 tablespoons unsalted, shelled sunflower seeds
3 Red or Green Apples
1-2 teaspoons lemon juice (optional)
1/4 cup reduced-fat, smooth peanut butter
2 tablespoons water
1 tablespoon honey

Tools Needed

Measuring cups & spoons
Spoon
Plate
Apple slicer
2 Bowls
Microwave
Directions

1. In a small bowl, combine \( \frac{1}{3} \) cup of raisins, \( \frac{1}{4} \) cup of sliced almonds and 2 tablespoons of sunflower seeds.

2. Use the apple slicer to cut the apples into pieces.

3. Layer half of the sliced apples on a large plate.

4. If the apple slices will be sitting out for awhile, sprinkle 1-2 teaspoons of lemon juice over them to prevent browning.
5. Warm up 2 tablespoons of water in a small bowl for 15 seconds.

6. Add ¼ cup peanut butter and 1 tablespoon honey to the warm water and stir until smooth.

7. Use a spoon to drizzle half of the bowl’s mixture over the apple slices on the plate.
Sprinkle half of the raisin/nut mixture on top of your apples.

Layer the rest of the sliced apples on top.

Drizzle with remaining peanut butter and raisin mixtures.

Created by the Kentucky Inclusive Health Collaborative at the University of Kentucky’s Human Development Institute in collaboration with Aramark and the American Heart Association as part of the Healthy for Life® Initiative.

This publication was supported by the Grant or Cooperative Agreement Number, DD000010, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

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