



April 19- Apple Sandwiches

Smart Snack

Link: <https://www.ag.ndsu.edu/food/recipes/fruit/apple-sandwiches>

Recipe

Ingredients:

- 1 medium apple
- 3 Tablespoons nut butter
- 3 Tablespoons granola

Directions:

1. Slice the apple into half-inch rounds. Using a knife, remove the apple's core.
2. Spread the nut butter onto each apple round. Top with granola and enjoy!

Yield 3 servings

Nutrition Facts	
Serving Size 1 sandwich (84.29g)	
Servings Per Container 3	
Amount Per Serving	
Calories 170	Calories from Fat 90
% Daily Value*	
Total Fat 10g	16%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 10g	
Protein 5g	10%
Vitamin A 0%	• Vitamin C 4%
Calcium 0%	• Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet.	