

Open-Faced Applewiches

Total time: 10 minutes

INGREDIENTS:

- ✓ 60 (¼ cup) natural almond or peanut butter or non-nut alternative
- ✓ 75 mL (⅓ cup) 0% fat plain Greek yogurt
- ✓ sprinkle of cinnamon
- ✓ 2 apples, cored and thinly sliced horizontally
- ✓ Toppings: sliced almonds, dried fruit, unsweetened shredded coconut, seeds, mini chocolate chips, crushed pretzels,

DIRECTIONS:

1. In a small bowl, combine nut or non-nut butter with Greek yogurt and cinnamon. Stir until combined.
2. On a clean cutting board, lay the apple slices and spread about 10 mL (2 tsp) of the yogurt/nut butter mix on each. Add toppings of choice!

TIPS

- Substitute the apples with other fruits like pears or peaches.
- Turn this recipe into one easy to grab on the go by cutting the apples into cubes. Mix apples with all other ingredients and place in a jar or airtight container.

