

# ALMOND/PEANUT BUTTER APPLE SLICES

*A quick and easy treat to make and snack on during your study breaks!*



HCC  
WELLNESS  
AT HOME



@utmhccwellness

## INGREDIENTS

- 1 large apple
- 45 mL (3 Tablespoons) almond butter or peanut butter

Toppings (enough for 4 -5 apple slices)

---- your choice of:

- 30 mL (2 T.) chopped walnuts, chopped cashews, slivered almonds, dried cranberries, raisins, coconut flakes or semi-sweet dark chocolate chips
- 15 mL (1 T.) chia seeds, hemp hearts, sunflower seeds, or ground flax seeds

## FUN FACTS

- It takes about 10 years to grow an apple - about 5 years for a tree to grow from a seed, and another 5 for an apple to be produced. The average apple tree lives for about 100 years.

## INSTRUCTIONS

01

Cut off the top and bottom of the apple and remove the core.

02

Cut the apple into thick slices that resemble a ring-like shape.

03

Evenly spread the almond or peanut butter (whichever you prefer) onto the apple slices.

04

Make it your own! Sprinkle your chosen toppings onto the almond/peanut butter apple slices - get creative :)