**ALMOND/PEANUT BUTTER APPLE SLICES**

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

**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

**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 :)

**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.