

Apple & Peanut Butter

1 Apple | Fruit • Protein

Ingredients

- 1 apple
- 2 Tablespoons peanut butter

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Wash apple under cool running water.
3. Pat the apple dry with a paper towel.
4. Place the apple on a cutting board and cut in half. **[Adult help recommended]**
5. Cut each half in half so there are 4 pieces.
6. Cut out the seeds.
7. Cut each piece into half again so there are 8 pieces.
8. Place apple slices on a plate and add 2 Tablespoons of peanut butter.
9. Dip apples in peanut butter or spread it on apple slices.



Snack
2nd grade +



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