



Picture by: Pinterest

# APPLE & PB SANDWICHES

Make this snack when you are in a hurry so you and your child can have a nutritious and fun snack!

\*Tip: Your child can help spread the peanut butter or make the u hijo/a puede ayudar a untar la mantequilla de maní o a hacer las figuras de del centro con el molde de galletas.

**Serves:** 2

**1 Serving:** 1 apple-PB sandwich

## WHAT YOU WILL NEED:

- 1 medium apple
- 1-2 tablespoons natural, sugar-free peanut butter\*  
\*(if child is allergic to peanut butter, use sunbutter)
- Cookie cutters of any shape

## INSTRUCTIONS:

1. Wash apples
2. Cut apple width-wise into 4, 1/2 inch slices
3. Use the cookie cutter to cut a shape into the slices
4. Spread 1 tbsp of peanut butter on 2 of the slices that have been cored
5. Place a second slice on top of the ones with peanut butter to make a sandwich and serve immediately.
6. If not eating immediately, dip the apple slices in pure lemon or pure orange juice and store in the refrigerator in an airtight container. Spread peanut butter on slices right before serving.

## APPROXIMATE COST:

- Total Cost: \$0.88
- Cost per Serving: \$0.44

## NUTRITION FACTS:

- Calories: 145 Cal
- Carbohydrates : 14 g
- Protein: 4 g