

Making it delicious

Apple Ring Sandwiches



Ingredients

- 1 apple
- Peanut butter (or other nut or seed butter)
- Toppings (optional):
 - Granola
 - Raisins
 - Dried cranberries
 - Chocolate chips
 - Coconut flakes



Recipe adapted from www.thekitchn.com

Instructions

- If you have an apple corer, wash the apple and then remove the core. Slice the apple cross-wise into $\frac{1}{8}$ to $\frac{1}{4}$ -inch slices.
- If you do not have a corer, try using a cap from a water bottle, or other small round item to cut out the core and seeds.
- Spread nut butter on each apple slice. Sprinkle half with toppings, and then top with a second apple slice (or leave them open-faced).