

# Apple Nachos

Snacks/Dessert

THE JAMES  
Mobile  
Education  
Kitchen

**Serves: 2**

**Items Needed:** cutting board, knife,  
small microwave safe bowl, spoon, plate

## Ingredients:

- 1 large apple of your choice
- 2 tbsp of nut or seed butter
- 2-3 tbsp of granola
- 1 tbsp mini chocolate chips (optional)
- 2 tbsp of trail mix or nut of your choice
- 1 tbsp of sunflower seeds or pepitas
  - You can find a good trail mix that might contain mixed nuts and seeds that would work well.



## Directions:

1. Slice apple into medium size apple slices (we don't want them super thick, but we don't want them paper thin either.)
2. Lay out in a fan on the plate, make sure the apples aren't overlapping too much so that a little of each topping gets onto each of the apple slices.
3. Place nut/seed butter in microwave safe bowl and microwave for 10-15 seconds (we are just trying to get a softer butter so that we can drizzle it over our "nachos")
4. When nut/seed butter is softened, drizzle with a spoon in a circular motion around your plate of nachos, covering each apple.
5. Sprinkle with your desired toppings to create a healthy snack/dessert

Notes: This recipe can be tailored to your needs very easily, if there is a nut allergy, go with seed butters, dried fruits and granolas. If making as a healthier dessert option, there are chocolate granolas available as well that would pair well with this



## **Nutrition Information (per 1/2 recipe):**

Calories: 310 Fat: 22.1 g Carbs: 37.5 g Protein: 10.4 g Fiber: 5.4 g Sodium: 81 mg

<https://wexnermedical.osu.edu/nutrition-services>

