

Loaded Apple Nachos

Apple nachos are a fun way to get a full serving of fruit, natural sweetness from a sprinkle of dried fruit, and a combo of crunchy and creamy textures from protein-packed nuts and seeds. This can be a snack or dessert. This can be a nutritious snack or dessert that only takes 5 minutes of prep!



Ingredients (serves 1-2)

- 1 medium apple, cored and sliced in thin wedges
- 1 Tablespoon natural peanut butter, melted
- 1/8 teaspoon ground cinnamon (to sprinkle)
- 1 Tablespoon crushed walnuts or other nuts/seeds
- 1 teaspoon dried cranberries, chopped (unsweetened)
- 1 teaspoon shredded unsweetened coconut

Instructions:

- Wash and core apple. Slice in thin wedges and arrange flat on a plate.
- Melt peanut butter in the microwave for 20-30 seconds. Drizzle over apples.
- Lightly sprinkle with cinnamon and assorted toppings. Enjoy!

Nutrition (for full recipe):

- Calories: 269
- Protein: 5 grams
- Total carbohydrate: 32 grams (6 g fiber)
- Total fat: 15 grams (3.5 g saturated, 5 g mono, 6 g poly)
- Sodium: 6 mg



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