Apple Peanut Butter Nachos

INGREDIENTS:
- 2 medium apples
- 2 Tbsp. peanut butter
- 2 tsp. honey
- 1½ Tbsp. semisweet dark chocolate chips
- Shredded coconut (optional)

DIRECTIONS:
Slice apples and arrange on a serving dish or plate. Combine peanut butter and honey in a small bowl. Place in microwave for about 10 seconds (enough so that it can drizzle). Drizzle over apples. Top with chocolate chips or coconut if desired.

* You can use another nut butter such as Sun Butter (made from sunflower seeds) instead of the peanut butter.

NUTRITION:
Makes four servings. Each serving has 130 calories, 6 grams (g) fat, 2 g protein, 21 g carbohydrate, 3 g fiber and 30 milligrams sodium.