Apple Smiles

INGREDIENTS:

1 Tbsp. smooth peanut butter, SunButter or other nut butter
1 red or green apple, cored and sliced into eighths
1 lemon, squeezed (or bottled lemon juice*)
20 miniature marshmallows

DIRECTIONS:

Rinse apples and cut as directed. *If you will not be serving the apples immediately, dip the apple slices in lemon juice. Spread peanut butter or nut butter on one side of each apple slice. Place for four to eight miniature marshmallows on apple slice (for the “teeth”), then top with another apple slice, peanut butter side down. Secure with a toothpick.

NUTRITION:

Makes four servings.
Each serving has 60 calories, 2 grams (g) fat, 1 g protein, 11 g carbohydrate, 2 g fiber and 20 milligrams (mg) sodium.