



Apple & PB "Nachos"



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1/2 of recipe: 142 calories, 3.5g total fat (1g sat. fat), 52mg sodium, 25g carbs, 4.5g fiber, 17g sugars, 5.5g protein

Prep: 10 minutes



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Ingredients

1 large (or 2 small) Fuji apple(s)
1/8 tsp. cinnamon
3 tbsp. [powdered peanut butter](#)
1 tsp. mini semi-sweet chocolate chips
1/4 oz. (about 1 tbsp.) chopped peanuts

Directions

Core apple(s), and cut into half-moon slices about 1/4-inch thick. Lay slices on a large plate, and sprinkle with cinnamon.

In a small bowl, combine powdered peanut butter with 3 tbsp. water. Mix until smooth and uniform.

Drizzle PB mixture over the apple slices, and top with chocolate chips and peanuts.

MAKES 2 SERVINGS

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