

Apple Nachos

Developed by Lauren Weaver, Texas A&M University Intern

4 Servings • 1 Serving = 1/4 Apple & 3 tbsp dip

Tips



How To Store

Buy firm for future use.
Store in a cool place.



How To Use

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Health Benefits

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INGREDIENTS

- 2 medium apples
- 1 lemon
- 3/4 cup plain nonfat Greek yogurt
- 1 tablespoon honey
- 2 tablespoons sunflower butter
- 1/4 cup raisins
- 3 tablespoons pumpkin seed
- 3 tablespoons dark chocolate chip

DIRECTIONS

- Core and slice the apples using an apple corer or knife. Arrange them on a plate and drizzle with lemon juice to prevent browning.
- In a small bowl, combine yogurt and honey. Mix well to combine.
- Drizzle sunflower butter over the apples and sprinkle with raisins, pumpkin seeds and dark chocolate chips.
- Serve apple nachos with the yogurt dip.

Nutrition Facts

4 servings per container
Serving size 1/4 apples & 3
tbsp dip (208g)

Amount per serving
Calories **250**
% Daily Value*

Total Fat 9g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 38g	14%
Dietary Fiber 4g	14%
Total Sugars 29g	
Includes 5g Added Sugars	10%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 64mg	4%
Iron 2mg	10%
Potassium 319mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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