



Dose of Nutrition

Loaded Apple Slices

BY HUMA NAZ



Serves 1



Total time:
5 mins.



Vegetarian



Gluten-free

INGREDIENTS

- 1 small-medium apple
- 1 tbsp. nut or seed butter of choice (I used organic unsweetened peanut butter)
- 2 tbsp. yogurt (I used plain yogurt with a hint of vanilla you can use a dairy-free yogurt of choice as well)
- 1 oz. of nuts or granola (Purchase certified gluten-free granola for a gluten-free diet)

DIRECTIONS

01

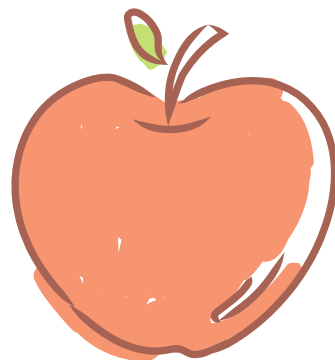
Cut both ends off of the apple. Cut the apple into 4 round slices.

02

Spread 1/2 tbsp. of nut/seed butter each on 2 slices. On the other 2 slices spread 1 tbsp. of yogurt each.

03

Sprinkle over crushed nuts, seeds, and/or granola. Enjoy!



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I'd love to see!
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