

# NUTTY APPLE SNACK

Serves 2



## Ingredients:

- 1 apple
- 2 tablespoons peanut butter or sunflower seed butter
- 2 tablespoons chocolate chips
- 2 tablespoons coconut flakes
- 2 tablespoons chopped nuts such as pecans or walnuts



## Instructions:

1. Wash hands and apple 🌱
2. Slice apple into thin slices and remove seeds
3. Spread peanut butter or sunflower seed butter on top of each apple slice and sprinkle with chocolate chips, coconut flakes, and nuts 🌱

🌱 = kid-friendly step



# NUTTY APPLE SNACK

Serves 2



## Ingredients:

- 1 apple
- 2 tablespoons peanut butter or sunflower seed butter
- 2 tablespoons chocolate chips
- 2 tablespoons coconut flakes
- 2 tablespoons chopped nuts such as pecans or walnuts



## Instructions:

1. Wash hands and apple 🌱
2. Slice apple into thin slices and remove seeds
3. Spread peanut butter or sunflower seed butter on top of each apple slice and sprinkle with chocolate chips, coconut flakes, and nuts 🌱

🌱 = kid-friendly step



# NUTTY APPLE SNACK

Serves 2



## Ingredients:

- 1 apple
- 2 tablespoons peanut butter or sunflower seed butter
- 2 tablespoons chocolate chips
- 2 tablespoons coconut flakes
- 2 tablespoons chopped nuts such as pecans or walnuts



## Instructions:

1. Wash hands and apple 🌱
2. Slice apple into thin slices and remove seeds
3. Spread peanut butter or sunflower seed butter on top of each apple slice and sprinkle with chocolate chips, coconut flakes, and nuts 🌱

🌱 = kid-friendly step



# NUTTY APPLE SNACK

Serves 2



## Ingredients:

- 1 apple
- 2 tablespoons peanut butter or sunflower seed butter
- 2 tablespoons chocolate chips
- 2 tablespoons coconut flakes
- 2 tablespoons chopped nuts such as pecans or walnuts



## Instructions:

1. Wash hands and apple 🌱
2. Slice apple into thin slices and remove seeds
3. Spread peanut butter or sunflower seed butter on top of each apple slice and sprinkle with chocolate chips, coconut flakes, and nuts 🌱

🌱 = kid-friendly step



## WHY APPLES?

- 🍏 Apples are good for your teeth!  
Chewing apples makes you salivate which reduces bacteria in your mouth, this reduces tooth decay.
- 🍏 Apples are good for your heart!  
This is because they have a lot of soluble fiber.
- 🍏 Soluble fiber also helps lower your cholesterol.
- 🍏 There are compounds in apple skin that prevent the build-up of cholesterol in your artery walls.

The Minnesota Farmers Market Association (MFMA) provides services, programs and leadership that support and promote farmers' markets across Minnesota.

For more information:  
[www.mfma.org](http://www.mfma.org)



Budding Farmers is an innovative enrichment program that teaches children about healthy food produced by their local farmers.

For more recipes, program information and to sign up visit:  
[www.buddingfarmers.com](http://www.buddingfarmers.com)



## WHY APPLES?

- 🍏 Apples are good for your teeth!  
Chewing apples makes you salivate which reduces bacteria in your mouth, this reduces tooth decay.
- 🍏 Apples are good for your heart!  
This is because they have a lot of soluble fiber.
- 🍏 Soluble fiber also helps lower your cholesterol.
- 🍏 There are compounds in apple skin that prevent the build-up of cholesterol in your artery walls.

The Minnesota Farmers Market Association (MFMA) provides services, programs and leadership that support and promote farmers' markets across Minnesota.

For more information:  
[www.mfma.org](http://www.mfma.org)



Budding Farmers is an innovative enrichment program that teaches children about healthy food produced by their local farmers.

For more recipes, program information and to sign up visit:  
[www.buddingfarmers.com](http://www.buddingfarmers.com)



## WHY APPLES?

- 🍏 Apples are good for your teeth!  
Chewing apples makes you salivate which reduces bacteria in your mouth, this reduces tooth decay.
- 🍏 Apples are good for your heart!  
This is because they have a lot of soluble fiber.
- 🍏 Soluble fiber also helps lower your cholesterol.
- 🍏 There are compounds in apple skin that prevent the build-up of cholesterol in your artery walls.

The Minnesota Farmers Market Association (MFMA) provides services, programs and leadership that support and promote farmers' markets across Minnesota.

For more information:  
[www.mfma.org](http://www.mfma.org)



Budding Farmers is an innovative enrichment program that teaches children about healthy food produced by their local farmers.

For more recipes, program information and to sign up visit:  
[www.buddingfarmers.com](http://www.buddingfarmers.com)



## WHY APPLES?

- 🍏 Apples are good for your teeth!  
Chewing apples makes you salivate which reduces bacteria in your mouth, this reduces tooth decay.
- 🍏 Apples are good for your heart!  
This is because they have a lot of soluble fiber.
- 🍏 Soluble fiber also helps lower your cholesterol.
- 🍏 There are compounds in apple skin that prevent the build-up of cholesterol in your artery walls.

The Minnesota Farmers Market Association (MFMA) provides services, programs and leadership that support and promote farmers' markets across Minnesota.

For more information:  
[www.mfma.org](http://www.mfma.org)



Budding Farmers is an innovative enrichment program that teaches children about healthy food produced by their local farmers.

For more recipes, program information and to sign up visit:  
[www.buddingfarmers.com](http://www.buddingfarmers.com)

