

Apple Nachos

This quick and easy healthy snack is full of fiber and protein!

SAFETY FIRST!

Youth should always have parent supervision when preparing recipes. Make sure to wash your hands with warm soap and water for at least 20 seconds before preparing food or cooking..

INGREDIENTS

- 2 apples of choice
- 1/4 cup pineapple juice
- 1/4 cup smooth peanut butter
- 1 tbsp chocolate chips (mini-chips work great)
- 1/2 tsp cinnamon

**INSTRUCTIONS**

1. Wash the apples.
2. Cut around the apple cores, and cut the apple chunks into 1/4 inch slices.
3. Place the apple slices in a large bowl with the pineapple juice.
4. Use tongs to toss and coat the apple slices in the lemon juice.
5. Heat your peanut butter until warmed and runny.
6. Lay your apple slices in a single layer on a large plate. Drizzle the peanut butter on the apples.
7. Add your toppings.

SUBSTITUTIONS

Have a peanut nut allergy? No problem! You can substitute the peanut butter for almond butter or low-fat yogurt for a nut-free treat. You can also sprinkle the apples with crasins and other dried fruit for a twist!

FULTON FRESH KITCHEN SCIENCE

Apple Nachos

How do you make an apple turnover? Push it down hill.

DID YOU KNOW?

An apple a day may not keep the doctor away, but did you know...

- Apples are a member of the rose family. (*Smithsonian Gardens*)
- Gilmer County is the Apple Capital of Georgia. (*Georgia Info*)
- Archeologists have found evidence that humans have been enjoying apples since at least 6500 B.C. (*Illinois Cooperative Extension*)

HEALTHY HABITS

Most children need 1 1/2 cups of fruit a day while most adults need 2 cups.

How can you incorporate more fresh fruits into your daily diet?

GET MOVING!

A medium-size apple contains about 80 calories. That's about the same amount of calories you burn while walking for 15 minutes. Lace up your shoes and enjoy the outdoors! Apple nachos are a great post-exercise snack.

Visit our website or social media channels for a follow-along video of how to prepare this recipe.

www.ugaextension.org/fulton

Share a picture of your finished recipe with us on social media with the hashtag #localfoodmadefun.

**CONNECT
WITH US ON
SOCIAL
MEDIA!**

YouTube: Fulton County 4-H UGA Extension

Facebook: UGA Extension Fulton County

Instagram: @uga_fulton_extension

Twitter: @uga_fulton_ext