

Apple Slices with Peanut Butter

Tranches de pomme au beurre de cacahuète

- 3 min
- Easy
- 220 kcal per serving
- Snack
- Vegan
- Quick
- Gluten-Free
- Kids



Ingredients

FOR ONE SERVING

Apple (<i>Pomme</i>)	1
Peanut butter (<i>Beurre de cacahuète</i>)	2 tbsp

Nutrition facts

PER SERVING

Calories	220
Protein	6 g
Carbohydrates	28 g
Fat	10 g
Fiber	4 g

Preparation

- 1 Wash the apple well and dry it.
- 2 Cut the apple into thin slices, removing the core and seeds.
- 3 Stir the peanut butter if needed so it is smooth and easy to spread.
- 4 Spread a little peanut butter on each apple slice or use it as a dip.
- 5 Arrange the slices on a plate and serve right away.

GOOD TO KNOW

If the apple is large, cut the slices just before serving so they stay fresh and crisp.