

# Cooking with the DIETITIANS

## APPLE "COOKIES"

Time: 5 minutes / Servings: 1

### INGREDIENTS

- 1 Apple of your choice
- 1 Tbsp peanut butter
- 1 Tbsp sliced almonds
- 1 tsp mini chocolate chips
- 1 tsp dried cranberries
- 1 tsp shredded coconut

### DIRECTIONS

1. Slice apple into thin rings and remove seeds
2. Spread peanut butter over one side of each ring
3. Sprinkle toppings over rings
4. Enjoy!



### NUTRITION FACTS (PER SERVING):

Calories: 235, Total Fat: 11g, Saturated Fat: 2g, Cholesterol: 0mg, Sodium: 75mg, Carbohydrates: 33g, Fiber: 7g, Protein: 4g, Vitamin A: 2%, Vitamin C: 8%, Calcium: 1%, Iron: 5%

Recipe adapted from: <http://rachelschultz.com/2014/04/09/apple-cookies/>

A collaboration with USF Dining