



Apple & PB Sandwiches

Enjoy this fun and healthy recipe brought to you by The Early Childhood Team



SERVINGS
3 Sandwiches



TIME
20 Minutes



DIFFICULTY
Medium



CALORIES
111 kcal

INGREDIENTS

1 tablespoon - Rolled Oats
1/8 tablespoon - Ground Cinnamon
3 tablespoons - Unsweetened
Peanut Butter
3/4 tablespoon - Honey
1 tablespoon - Raisins
1 - Medium Apple

DIRECTIONS

1. Combine the oats and cinnamon in a dry skillet over medium heat and toast, stirring occasionally, until the oats are golden. Cool before using.
2. Mix together the peanut butter and honey.
3. Core and slice the apple into 6 rounds. (If you don't have an apple corer, you can slice the apple first and then cut out the centers with a small cookie cutter or knife.)
4. Spread 1 tablespoon of peanut butter on 3 of the apple slices and sprinkle with raisins and oats. Top with the remaining apple slices to form sandwiches.

NOTES

To prevent the apple from turning brown, let soak in a mixture of 1/4 cup water and 1 tablespoon lemon juice

Serving: 1 sandwich | Calories: 111 kcal