

# APPLE SAMMIES

*This one's for the kids – the young and the young at heart!  
Fresh, crisp apples with nut butter make a healthy snack and children will love helping make these cute little sandwiches.*

## INGREDIENTS

1 small apple

nut butter (peanut, almond, or other)

optional toppings: granola, nuts, dried fruit, mini chocolate chips

## DIRECTIONS

- Core the apple and slice into thick rounds. Don't have a corer?  
Slice the apple into thick rounds first and then use a small cookie cutter or a knife to cut out the center.
- Spread one side of one slice with nut butter.
- If desired, sprinkle with optional toppings like granola, nuts, dried fruit, and mini chocolate chips.
- Top with remaining apple slice and press gently to stick together.
- Serve immediately or if eating later, brush cut sides lightly with lemon juice to keep from browning and wrap tightly.



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