

[Apple sandwiches](#)



Recipe credit

Oregon SNAP. OSU Extension Service

[Ver esta receta en español](#)

About this recipe

Serves

2

Serving size

1/2 Apple

Time to make

10 minutes

Special criteria

[Summer meals in a SNAP](#)

Ingredients

- 1 medium apple
- 2 tablespoons peanut butter
- 1 tablespoon raisins

Directions

1. Wash hands with soap and water.
2. Cut apple in half from the stem down and lay each half cut-side down on a cutting board. Slice each half into 6 half-round slices and cut out the core.
3. Spread 1/2 teaspoon peanut butter on one side of each apple slice.
4. Put 4 to 6 raisins on top of the peanut butter on one apple slice. Top with another apple slice, peanut-butter side down. Squeeze gently.
5. Continue with remaining apple slices.
6. Refrigerate leftovers within 2 hours.

Tips and variations

- Sprinkle the peanut butter with grated carrot, chopped nuts, seeds or granola instead of, or along with, the raisins.
- Try other nut or seed butters, such as almond, hazelnut or sunflower seed.
- Use other dried fruit pieces, such as cherries or cranberries.

Nutritional info

Calories

150

Total fat

8g

Saturated fat

1.5g

Cholesterol

0mg

Sodium

70mg

Total carbohydrates

19g

Dietary fiber

3g

Protein

4g

Total sugar

13g

View other recipe categories

- [Beverages](#)
- [Breads](#)
- [Breakfast](#)
- [Main dishes](#)
- [Salads](#)
- [Seasonings and salsa](#)
- [Side dishes](#)
- [Snacks and sweets](#)
- [Soups](#)