

## **Apple sandwiches**



Recipe credit

Oregon SNAP. OSU Extension Service

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## **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

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