



Apple Nachos with Greek Yogurt Dip

4 Servings • 1 Serving = 1/2 Apple and 3 Tablespoons Dip

Developed by Lauren Weaver, Texas A&M University Intern

INGREDIENTS

- 2 medium apples
- 1 lemon
- 3/4 cup plain nonfat Greek yogurt
- 1 Tablespoon honey
- 2 Tablespoons sunflower butter
- 1/4 cup raisins
- 3 Tablespoon pumpkin seeds, unsalted
- 3 Tablespoons dark chocolate chips

DIRECTIONS

1. Core and slice the apples using an apple corer or knife. Arrange them on a plate and drizzle with lemon juice to prevent browning.
2. In a small bowl, combine yogurt and honey. Mix well to combine.
3. Drizzle sunflower butter over the apples and sprinkle with raisins, pumpkin seeds, and dark chocolate chips.
4. Serve apple nachos with the yogurt dip.

Nutrition Facts

4 servings per container
Serving size 1/2 apple with 3 T.
dip

Amount per serving

Calories **270**

% Daily Value*

Total Fat 11g 14%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 50mg 2%

Total Carbohydrate 35g 13%

Dietary Fiber 4g 14%

Total Sugars 26g

Includes 4g Added Sugars 8%

Protein 9g

Vitamin D 0mcg 0%

Calcium 66mg 6%

Iron 2mg 10%

Potassium 340mg 8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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