

Apple Nachos

8 Servings • 1 Serving = 1/4 Apple

Tips on Apples



How To Store

Apples should be stored in a breathable bag in the refrigerator.



How To Use

Add to salads, eat whole, or bake with cinnamon for a healthy treat.



Health Benefits

Heart health, promotes healthy cholesterol levels and reduces the risk of some cancers.

INGREDIENTS

- 2 medium apples
- 2 Tablespoons lemon juice (approximately juice of 1 lemon)
- 3/4 cup plain nonfat Greek yogurt
- 1 Tablespoon honey
- 2 Tablespoons sunflower butter
- 1/4 cup raisins
- 3 Tablespoons pumpkin seeds
- 3 Tablespoons dark chocolate chips (preferably mini)

DIRECTIONS

1. Core and slice the apples using an apple corer or knife.
2. Arrange apples on a plate.
3. Drizzle apples with lemon juice to prevent browning.
4. In a small bowl, combine yogurt and honey. Mix well to combine.
5. Dollop yogurt mixture over prepared apples.
6. Drizzle sunflower butter over the apples.
7. Sprinkle apples with raisins, pumpkin seeds and dark chocolate chips.
8. Enjoy.

Nutrition Facts

8 servings per container	
Serving size	1/4 Apple (95g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	7%
Total Sugars 14g	
Includes 2g Added Sugars	4%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1mg	6%
Potassium 162mg	4%
<small>*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.</small>	



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The Culinary Nutrition Education
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Nachos de Manzana

8 Porciones • 1 Porción = 1/4 Manzana

Consejos sobre las Manzanas



Como Almacenar

Las manzanas deben guardarse en una bolsa transpirable en el frigorífico.



Como Usar

Agréguelo a ensaladas, cómelo entero o hornéelo con canela para disfrutar de un placer saludable.



Beneficios para la Salud

Salud del corazón, promueve niveles saludables de colesterol y reduce el riesgo de algunos cánceres.

INGREDIENTES

- 2 manzanas medianas
- 2 Cucharadas jugo de limón (aproximadamente 1 limón)
- 3/4 taza de yogur griego natural sin grasa
- 1 Cucharada de miel
- 2 Cucharadas de mantequilla de girasol
- 1/4 taza de pasas
- 3 Cucharadas de semilla de calabaza
- 3 Cucharadas de chispas de chocolate amargo (preferiblemente minis)

INSTRUCCIONES

1. Quita el corazón de las manzanas y córtalas en rodajas usando un sacacorazones o un cuchillo.
2. Coloca las manzanas en un plato.
3. Rocía las manzanas con jugo de limón para evitar que se pongan marrones.
4. En un tazón pequeño, combina el yogur y la miel. Mezcla bien para integrar.
5. Rocía la mezcla de yogur sobre las manzanas preparadas.
6. Rocía mantequilla de girasol sobre las manzanas.
7. Espolvorea las manzanas con pasas, semillas de calabaza y chispas de chocolate oscuro.
8. Disfruta.

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