

FUN FOOD FRIDAY: APPLE NACHOS



End the week by learning new culinary skills and exploring new flavors in the kitchen with our Fun Food Friday recipes. This week's recipe is Apple Nachos.

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 Tablespoons pumpkin seeds, unsalted
- 3 Tablespoons dark chocolate chips

Directions:

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

