

FULTON FRESH KITCHEN SCIENCE

Apple Sandwiches

This quick and easy healthy snack is full of fiber and protein!

SAFETY FIRST!

Youth should always have parent supervision when preparing recipes. Make sure to wash your hands with warm soap and water for at least 20 seconds before preparing food or cooking..

INGREDIENTS

- 1 apple, thinly sliced horizontally
- 2 tablespoons, almond butter
- 2 tablespoons, granola



INSTRUCTIONS

1. Cut apple into horizontal slices
2. Spread the apple slices with the almond butter and sprinkle half of them with the granola.
3. Close the sandwiches and eat right away.

SERVING SIZE

This recipe makes one serving. Enjoy!

SUBSTITUTIONS

Have a tree nut allergy? No problem! You can substitute the almond butter with low-fat yogurt for a nut-free treat. You can also sprinkle the apples with crasins and other dried fruit for a twist!

Visit our website or social media channels for a follow-along video of how to prepare this recipe.

www.ugaextension.org/fulton

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What do you get if you cross an apple with a shellfish? A crab apple!

DID YOU KNOW?

An apple a day may not keep the doctor away, but did you know...

- Apples are the most consumed fruit in the United States. (*US Apple Association*)
- Georgia produces over 600,00 bushels of apples, weighing over 26 million pounds in total, each year. (*Georgia Info*)
- Pilgrims planted the first U.S. apple trees in the Massachusetts Bay Colony. (*NY Apple Association*)

HEALTHY HABITS

Most children need 1 1/2 cups of fruit a day while most adults need 2 cups. How can you incorporate more fresh fruits into your daily diet?

GET MOVING!

A medium-size apple contains about 80 calories. That's about the same amount of calories you burn while walking for 15 minutes. Lace up your shoes and enjoy the outdoors! Apple sandwiches are a great post-exercise snack.

Share a picture of your finished recipe with us on social media with the hashtag #localfoodmadefun.

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