

Buenos Apple Nachos

Ingredients:

- 1 apple
- 3 strawberries
- 1 tablespoon peanut butter
- 1 tablespoon vanilla low-fat yogurt

Equipment:

- Cutting board
- Knife
- Microwave safe bowl
- Measuring spoons

Number of Servings: 1
 Preparation Time: 5 minutes
 Total time: 5 minutes

Directions

1. Leave the skin on the apple and cut in half through the core. Then cut each piece in half again until you have 4 quarters. Cut out seeds and core and cut into thin slices. Spread in an even layer on plate.
2. Use a potato peeler or small sharp knife, and cut caps off of strawberries. Slice into thin slices, and spread on top of apples.
3. Put peanut butter in a small microwave safe bowl. Heat in microwave on 100% power about 20 seconds or until peanut butter is thin, but not bubbly.
4. Spoon the peanut butter over the apples and strawberries on the plate.
5. Top with yogurt.



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Nutrition Facts

Serving Size: 1 cup	
Servings: 1	
Amount Per Serving	
Calories 200	Calories from Fat 81
%Daily Value*	
Total Fat 9g	14%
Saturated Fat 2g	9%
Cholesterol 1mg	0%
Sodium 85mg	4%
Total Carbohydrate 29g	10%
Dietary Fiber 5g	22%
Protein 5g	10%
Vitamin A 2%	Vitamin C 47%
Iron 4%	Calcium 5%
*Percent Daily Values are based on a 2,000 calorie diet.	

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