

Apple Slices with Hidden Stars

Did you know that every apple has a beautiful star on the inside? Make sure you slice the apples cross-wise when you prepare this snack to find the hidden star.

Ingredients:

Large apples
Peanut butter, nut butter or soy butter
Bananas
Dried cranberries
Sprinkle of cinnamon (optional)



Directions:

Wash apples well and leave the beautiful peel on for extra fibre and nutrients.

Slice the apples cross-wise. (This is very important if you'd like to see the star.) Set aside.

Peel and slice the bananas. Set aside.

To assemble, spread some peanut butter onto each apple slice. Place banana slices on top. Sprinkle a few dried cranberries on top. If you want some cinnamon, sprinkle some over top.

Enjoy!

