

Apple Nachos



PREP TIME

5 mins



COURSE

Gluten Free, Lunch, Snacks



SERVINGS

7

CALORIES

295 kcal

INGREDIENTS

- 7 large apples thinly sliced
- 7 Tbsp almond butter or any nut or seed butter of your choice
- 6 Tbsp PB2
- 1 150 g 5.3 oz vanilla soy yogurt
- 3 1/2 Tbsp shredded coconut
- 2 teaspoons cinnamon

INSTRUCTIONS

1. Wash and thinly slice the apples, removing the core.
2. Arrange the apple slices on a large platter or multiple plates, overlapping them slightly to resemble nachos.
3. In a small bowl, mix your nut butter, PB2, and yogurt.
4. Sprinkle your coconut, cinnamon, and drizzle over your "nachos".

NOTES

You can save the sauce and assemble these as you go through the week.

To Pare this down:

Skip the coconut to decrease the fat Skip the full fat nut butter to decrease the fat

To Bulk this up: Use more full-fat peanut butter Add maple syrup to the dip to increase carbs Use banana or dates instead of apples to increase carbs Sprinkle with raisins or chocolate chips to increase carbs and/or fats

NUTRITION

Nutrition Facts

Apple Nachos

Amount Per Serving

Calories 295 Calories from Fat 122

% Daily Value*	
Fat 13.6g	21%
Carbohydrates 34.4g	11%
Protein 10.9g	22%

* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD
gluten free

Tried this recipe?
Let us know how it was!