

Cheddar-Apple Cracker Bites

This easy recipe comes together in just 5 minutes, making it a quick snack or appetizer. The sweetness of the Fuji balances well with the cheddar, but you can use another variety of apple if you prefer. This recipe calls for 3 thin apple slices per cracker, but feel free to use just one if you're craving a more cheesy bite.

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 Reviewed by Dietitian **Emily Lachtrupp, M.S., RD**

Active Time: 5 mins

Total Time: 5 mins

Nutrition Profile:

Sesame-Free Diabetes-Appropriate Nut-Free Soy-Free Heart-Healthy Vegetarian Egg-Free

Ingredients

2 (0.7-oz.) slices reduced-fat cheddar cheese, cut into quarters

8 (0.1-oz., 3 x 1.-in.) flatbread crackers

24 thin vertical Fuji apple slices (1 medium apple)

1 tablespoon honey

2 teaspoons stone-ground mustard

Rosemary sprigs (optional)

Directions

Step 1

Place 1 cheese quarter on top of each cracker. Top each with 3 apple slices.

Step 2

Combine honey and mustard in a small bowl. Drizzle evenly over apples. Garnish with rosemary sprigs, if desired.

Cooking Light Snacks & Smoothies 2023

Nutrition Facts

Per serving: **Serving Size 2 topped crackers** 94 calories; total carbohydrate 16g; dietary fiber 1g; total sugars 10g; protein 3g; total fat 2g; saturated fat 1g; cholesterol 2mg; vitamin a 7µg; vitamin c 0mg; vitamin d 0µg; vitamin e 0mg; folate 5µg; vitamin k 1µg; sodium 141mg; calcium 48mg; iron 0mg; magnesium 9mg; potassium 73mg; zinc 0mg; vitamin b12 0µg