

Apple Slice Cookies

Ingredients:

- 1 red apple
- 1/4 cup peanut butter
- 1 - 2 tablespoons unsweetened coconut flakes
- 1 - 2 tablespoons walnuts, chopped
- 1 - 2 tablespoons mini chocolate chips
- Lemon juice (optional)

Directions:

1. Cut the core from the apple (or cut out the cores from each piece after slicing).
2. Slice the apple into 1/4 inch slices using a large knife.
3. Optional – If you are worried about the apples turning brown, placed slices into a Ziploc bag and toss with a squirt of lemon juice.
4. Set each apple slice onto a paper towel. Spread a layer of peanut butter on each apples slice.
5. Top with a generous amount of coconut flakes, walnuts, and mini chocolate chips.

Nutrition Facts	
Serving Size 1 slice (87g)	
Servings Per Container 5	
Amount Per Serving	
Calories 130	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 4g	
Vitamin A 0%	• Vitamin C 2%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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