

ApplesAndPeanutButter.txt

This makes for a filling snack. It can also substitute for a meal, especially if on the go.

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Apples And Peanut Butter

Apple slices

Favorite Peanut Butter

Slice your favorite type of apple or purchase bags or containers of already-sliced apples. Place slices on a plate. Spoon your favorite peanut butter onto the plate. Dip apple slices into the peanut butter and enjoy.

Notes:

\* For on the go: leave apple slices in a baggie or container; place peanut butter into a container that will be easy to dip apple slices into without getting peanut butter all over your hand.