



APPLE COOKIES

PREP TIME: 10 minutes

SERVING SIZE: 1 slice

COOK TIME: 0 minutes

SERVES: 1

INGREDIENTS

- 1 apple slice (1 apple yields about 6 slices)
- 2 tablespoons, peanut butter, creamy
- 1 tablespoon, granola
- 1 tablespoon, dried shredded coconut
- 2 tablespoons, raisins

PREPARATION

1. Slice apple into thin rings and remove core.
2. Spread peanut butter over one side of ring.
3. Top with granola, coconut, and raisins.



Nutrition Facts

1 servings per container	
Serving size	1 cookie (103g)
Amount per serving	
Calories	320
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 42g	15%
Dietary Fiber 4g	14%
Total Sugars 26g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 2mg	10%
Potassium 227mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SOURCE

rachelschultz.com/2014/04/09/apple-cookies

Recipe modified by CHOICES Nutrition Education Program

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GALLETA DE MANZANA

TIEMPO DE PREPARACIÓN: 15 minutos

TIEMPO PARA COCINAR: 0 minutos

TAMAÑO DE PORCIÓN: 1 rebanada

PORCIONES: 1

INGREDIENTES

- 1 rebanada de manzana (1 manzana rinde 6 rebanas)
- 2 cucharadas de crema de cacahuate
- 1 cucharada de granola
- 1 cucharada de coco seco, rallado
- 2 cucharadas de uvas pasas



PREPARACIÓN

1. Rebanar la manzana en anillos y remueva el centro.
2. Esparcir la crema de cacahuate en cada manzana.
3. Terminar con el granola, coco, y uvas pasas.

FUENTE

rachelschultz.com/2014/04/09/apple-cookies

Receta modificada por CHOICES Programa Educativo de Nutrición

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