

Apple and Cheese Skewers

Serving Size: 1 Skewer | Servings per Recipe: 12 | Heart Healthy



INGREDIENTS

- 2 large apples
- 6 oz cheese (any kind)
- ½ tbsp lemon juice (optional)

MATERIALS

- 12 toothpicks or skewers

DIRECTIONS

- Wash and dry the apple.
- Core the apple, then cut into 24-30 1-inch cubes.
- Optional: toss apple cubes in lemon juice to prevent browning.
- Cut the cheese into 12-15 1-inch cubes to match the size of the apple cubes.
- Assemble the skewers by adding one cheese cube and two apple cube to each toothpick



Calories per skewer: 55 | 6 g total fat | 3 g total carbohydrates | 133 mg sodium | 4 g protein