

# Crunchy Peanut Butter Apple Bites

Serving Size: 4 Apple Slices | Servings per Recipe: 2 | Heart Healthy



## INGREDIENTS

- 1 medium apple
- 3 tablespoons peanut butter
- 3 tablespoons crispy rice cereal
- 2 tablespoons raisins

## DIRECTIONS

- Cut the apple into 8 slices.
- In a small bowl, mix peanut butter, cereal, and raisins.
- Spread the mixture evenly on each apple slice.
- Serve immediately.



Calories per serving: 200 | 10 g total fat | 27 g total carbohydrates | 112 mg sodium | 6 g protein

Recipe adapted from: [Fruitsandveggies.org](https://fruitsandveggies.org)