

Apple with Almond Butter

2 ingredients · 5 minutes · 2 servings



Directions

1. Slice apple and cut away the core.
2. Dip into almond butter.
3. Yummmmm.

Notes

Nut-Free

Use sunflower seed butter instead of almond butter.

Ingredients

- 2 Apple
- 1/4 cup Almond Butter

Nutrition

Amount per serving

Calories	287	Vitamin D	0IU
Fat	18g	Vitamin E	8mg
Carbs	31g	Vitamin K	4µg
Fiber	8g	Thiamine	0mg
Sugar	20g	Riboflavin	0.3mg
Protein	7g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.1mg
Sodium	4mg	Folate	22µg
Potassium	428mg	Vitamin B12	0µg
Vitamin A	99IU	Phosphorous	179mg
Vitamin C	8mg	Magnesium	96mg
Calcium	119mg	Zinc	1mg
Iron	1mg	Selenium	1µg