



# Crunchy Apple Rings

Shine 365  
Marshfield Clinic

**PREP TIME:** 10 minutes • **SERVINGS:** 2

## INGREDIENTS

- 1 Granny Smith apple
- 3 tablespoons peanut butter
- ½ cup \*cereal of choice

\* Kellogg's Corn Flakes®, Cheerios™, Bran Flakes or Special K® cereal are healthy options.

## INSTRUCTIONS

Wash apple. Remove the apple core with a knife or apple corer. Slice into rings about one-quarter inch thick so the apple has a hole in the middle.

Spread peanut butter on one side of each apple ring.

Place on plate and sprinkle with cereal of your choice.

## NUTRITION INFORMATION

Each serving contains about 188.4 calories; 17.3 g carbs; 12.2 g fat; 2.5 g saturated fat; 6.3 g protein; 3.6 g dietary fiber; 111.1 mg sodium; 11.7 g sugar.