FLEURISH / DOCTOR'S KITCHEN

Apple & peanut butter

crisp, creamy & ready in minutes

Fresh apple wedges make an easy dip-and-crunch snack.



Serves 1 **Prep 3 min** **No cooking** **3-5 min total**

INGREDIENTS

- ☐ 1 medium apple (about 6 to 7 oz)
- ☐ 2 tbsp peanut butter

LET'S COOK

☐ **1. Slice the apple**

Wash and dry the apple. Cut in half, lay flat, remove the core and slice into 12 to 16 wedges.

☐ **2. Stir and scoop**

If oil has separated, stir peanut butter well. Measure it into a small dipping bowl.

☐ **3. Dip and enjoy**

Fan the apple wedges on a plate and serve with the peanut butter.

Slice just before eating; apple may brown after about 30 minutes. Refrigerate leftover slices in a covered container and eat the same day.