



Peanut Butter Apple

Active Time: 5 minutes | **Total Time:** 5 minutes | **Serves:** 1

Nutrition Information Per Serving

171.7 calories, 24.03 g carbohydrate, 4.86 g fiber, 19.17 g NET carbs, 4.24 g protein, 8.24 g fat

Ingredients

- 1 small organic apple, cored and sliced
- 1 Tbsp organic peanut butter, chunky and salted

Preparation

1. Place apple slices on a plate.
2. Serve with peanut butter for dipping.

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