

apple and peanut butter sandwiches

SERVES 4

RECIPE ADAPTED FROM: [BuzzFeed](#)

PREP TIME: 5-10 minutes

-
- 2 medium-sized fresh apples
 - 8 Tbsp natural, no sugar added peanut butter
 - ⅓ to ½ cup chopped walnuts
-

You can use any nut or seed butter with this recipe as well as any type of apple. Pick your favorite combinations!

If preparing these in advance, brush apple slices with lemon juice and store in an air tight container so the apples won't brown.



SLICE apples across the horizon in ⅓ inch thick slices.

REMOVE seeds from center slices.

MATCH slices in pairs according to diameter. You should get 2 pairs from each apple (with a little leftover from the top and bottom- chop and toss them into a salad for lunch!).

SPREAD 2 tsp peanut butter across one apple slice. Place matching slice on top and press so that peanut butter smashes all the way to the edges.

REPEAT with the other 3 pairs of slices.

ROLL edges of each apple and peanut butter sandwich in chopped walnuts. Be sure to have enough peanut butter sticking out so that the walnuts can stick to it!