

Fall Fruits with Nut Butter

Makes 4 servings

Your child can help you make this healthy snack. Apples and pears are full of fiber, and nut and seed butters are a good source of healthy fats.

Ingredients

- 1 apple or pear
- 1 tablespoon nut or seed butter (like peanut, sunflower seed, or almond butter)
- Handful of raisins

Directions

1. Remove the core from the apple or pear, then cut it into slices.
2. Spread a little bit of nut or seed butter on each fruit slice.
3. Press a raisin into the nut butter on each fruit slice and serve.



Photo: Always Nourished

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